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THE  
EXPERIENCED BOTANIST  
OR  
INDIAN PHYSICIAN.

BEING A NEW SYSTEM OF PRACTICE FOUNDED ON

**B O T A N Y .**

1. A description of medicinal plants—their properties, &c. and the method of preparing and using them
2. A treatise on the causes symptoms and cure of diseases incident to the human frame ; with a safe and sovereign mode of treatment.

FOR THE USE OF FAMILIES AND PRACTITIONERS.

By J. W. COOPER Experienced Botanist or Indian  
Physician.

Printed by CAYAN & SCOTT, Ebensburg, Pa.  
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1833.

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1833.

WESTERN DISTRICT OF PENNSYLVANIA, TO WIT:

BE IT REMEMBERED, That on the 31st. day of January Anno Domini, 1833, J. W. Cooper. of the said District, hath deposited in this Office the title of a Book, the title of which is in the words following, to wit: The Experienced Botanist or Indian Physician being a new system of practice founded on Botany. ,

1. A description of medicinal plants their properties Etc, and the method of preparing and using them.
- 2 A treatise on the causes symptoms and cure of diseases incident to the Human frame, with a safe and sovereign mode of treatment.

For the use of families and practitioners, by J. W. Cooper Experienced botanist, or Indian Physician.

The right whereof he claims as Author, in conformity with an act of Congress, entitled "An act to amend the several acts respecting copy-rights.

E. J. ROBERTS.

*Clerk of the Western District of Pennsylvania.*



## PREFACE.

Ever since the introduction of moral evil into the world, *man* has been a subject of misery and disease ; for sickness, pain and death are the very fruits of sin. All have sinned and have come short of the glory of God, inasmuch, that every subject of sin is more, or less a subject of disease.

That the present privileged system of medicine, with all its modern improvements, is, in theory still imperfect, and in practice often productive of disastrous consequences, I need not here revive the complaint of the thousands and the tens of thousands who after having suffered many things from physicians and having spent all their living upon them were nothing bettered, but rather grew worse. I have heard the widely extended complaints of hu-

man sufferers, smarting under the hand of systematic cruelty, wasting away by poisen administered as medicine and pining in despair, when the last penny has gone as a fee to rich practitioners. In view of such facts did I conceive no desire to produce a reform, I should be unworthy the name of a man. On the other hand when I observe the means of health scattered so profusely around us, in almost every field and forest, placed as it were within the reach of every hand that will deign to accept it; it is natural to wish that the kind efforts of nature be seconded, that her gifts be received and applied to useful purposes. I believe the public welfare requires a better system than has heretofore appeared. A system more simple in its principles and details, more agreeable to common sense, better adopted to popular apprehensions and wants, in order that such as need most the kind relief of charity, may not suffer from most authorised oppression. Were people generally aware of the enormous disproportion, between the expenses of medicine and medical services, and the price of other articles,

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were they apprised of the adulteration and other impositions practiced in the importation of foreign drugs, there would be one united voice against the use of such drugs, against encouraging such services. Does it reflect honor on that kind Providence, who supplies the wants of all creatures, to suppose that the science of health, in which every child of Adam is so deeply concerned, must necessarily be the exclusive privilege of a few ; that it should be locked up in an unknown language, or merged in a mass of learned lumber, requiring an age of study to explore and apply its principles to useful purposes ? A reference to the Aborigines of our country is sufficient to refute such doctrine. Is it credible that diseases peculiar to our climate and our country can find no remedies nearer than Foreign countries ? Is it creditable that the thousands of vegetables that beautify and perfume our fields and groves have no valuable use in relation to the health and comfort of man ? A belief in the wisdom of the Creator, who does nothing in

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vain, must lead us to a different conclusion. In fact the more the medical properties of vegetables have been explored the more they have been found to furnish supplies for the nourishment and health of the animated part of Creation. Exotic vegetables may perhaps prove useful, especially if naturalized by cultivation in our own soil, in our own climate, but it is at least probable, if not certain, that our own native plants are abundantly sufficient to answer all the medical demands of our country; and ought not every man so to value his own health and the gifts of Providence for preserving and restoring health, as to make this a part of his study?—Has it not occurred even to physicians of the learned order, that every man may and ought, at a proper age, and to a certain extent, to become his own physician? This cannot be questioned, when we consider how much depends on diet, temperance and exercise; and may I not be allowed to suggest that every woman, every mother especially ought to be a physician as well as nurse in her own family! Surely those char-

itable ladies whose plans of beneficence go beyond mere theory; who have hands capable of doing good, as well as minds for devising good, will not find their feelings revolt at my suggestion. Many I know act on this plan already and to better effect than the most scientific practitioner; and to their own families at least they become emphatically beloved physicians.

While in the enjoyment of health the reader may think a work of this description is of but little importance; but let him be confined to the bed of sickness, and he will esteem it as one of the greatest treasures of the kind, that ever had a place in his family desk.

*EXTRACT from the writings of the  
Rev. John Wesley.*

The healing art was first brought into use in a very natural and simple manner. In the earliest age of the world mankind, by various experi-

ments or accidents; discovered that certain plants, roots and barks possessed medicinal properties.

These were found sufficient to remove their diseases. The application of these remedies was plain and easy; but in process of time many began to make a profession of medicine, and to strip it of its simplicity; they began to enquire into the operations of such remedies, why and they performed such cures. They examined the human frame, and all its parts, the nature of the flesh, arteries, nerves, the structure of the brain, heart, lungs, stomach, bowels &c., with the springs of the several animal functions.

They explored the several kinds of animal and mineral, as well as vegetable substances, and hence the whole order of physic was subverted and founded upon hypothesis. They formed theories of diseases and their cures, and substituted these in place of experiments.

As theories increased simple medicines were more and more disregarded and disused, till in the

course of years the greater part of them were forgotten, at least in the more polite nations. In the room of these abundance of new ones were introduced by reasoning speculative men, and those more and more difficult to be applied, as being more remote from common observation.

Hence rules for the application of these, and medical books were immediately multiplied, till at length physic became an abstruse science, quite out of the reach of ordinary men. Physicians now began to be held in admiration as persons who were something more than human; And profit attended their employ as well as honour, so that they had now two weighty reasons for keeping the bulk of mankind at a distance, that they might not pry into the mysteries of their profession. To this end they increased those difficulties by design which were in a manner by accident. They filled their writings with abundance of technical terms, utterly unintelligible to plain men. They affected to deliver their rules and to reason upon them, in an ab-

struse and philcsophical manner, they represented the critical knowledge of anatomy, natural philosophy (and what not,) some of them insisting on that of astronomy and astrology too, as necessary previous to the understanding the art of healing.

Those who undersootd only how to restore the sick to health, they branded with the name of Empiricks. They introduced into practice abundance of compound medicines, consisting of so many ingredients that it was scarce possible for common people to know which it was that wrought a cure.

Abundance of exotics, neither the nature or names of which their own countrymen understood; of chemicals, such as they neither had skill, nor fortune, nor time to prepare yea and; of dangerous ones, such as they could not use without hazarding life, but by the advice of a physician.

And thus both their honour and gain were secured, and a vast majority of mankind being utterly cut off from helping either themselves or their



neighbors or once daring to attempt it.

Yet there has not been wanting from time to time, some lovers of mankind who have endeavoured (even contrary to their own interest) to reduce physic to its ancient standard; who have labored to explode out of it all hypothesis and fine spun theories, and to make it a plain intelligible thing, as it was in the beginning, having no more mystery in it than this—such a medicine removes such a pain.

These have demonstrably shown, that neither the knowledge of astrology, astronomy, natural philosophy, nor even anatomy itself is absolutely necessary to the quick and effectual cure of most diseases, incident to the human body, nor yet any chemical, exotic or compound medicine, but a simple plant or root duly applied; so that any man of common sense (in ordinary cases) may prescribe to himself or his neighbor, and may be very secure from doing harm, even where he can do no good. Even to the last age, there was something of this kind done, particularly by Dr. Sydenham.

And in the present, by his pupil Dr. Dover, who has pointed out simple medicines for many diseases.

And some such may be found in the writings of the learned and ingenious Dr. Cheyne who doubtless would have communicated many more to the world, but for the melancholy reason he gave one of his friends, that pressed him with some passages in his works which too much countenanced the modern practice.

"Oh, sir, we must do something to oblige the faculty or they will tear us in pieces!"

## CERTIFICATES.

### PULMONARY CONSUMPTION CURED.

One of the most astonishing cases of pulmonary consumption on record was lately cured in this county. My wife was severely afflicted with the pulmonary consumption for twelve years, and for three years and six months she was not able to be out of her bed, requiring a nurse all that time.

I had applied to seven doctors ; they all failed and thought it impossible to cure her. She pined away to nothing but the appearance of skin and bones ; all hopes for her recovery were despaired of by all who had seen her, which were not a few.

Hearing of Dr. J. W. Cooper, Indian Physi-  
cian.

Adam Fockler,                      Stephen Snow,  
John L. Heyser,                  Mrs. Ann Cotney.

We do hereby certify, that Patrick Handling was so severely cramped from taking a vomit of tartar emetic, that he was not able to move hand or foot, nor received a bit of solid food for nine days; all that time suffering the most excruciating pain. We took him on the township and employed Dr. I. W. Cooper, Physician. He cured him in two weeks and four days.

William Fields,  
William Barnett.

*Overseers of the Poor.*

Johnstown Nov. 30th, 1832.

We hereby certify, that we employed Dr. J. W. Cooper, Physician for the poor of Conemaugh township, during the summer of 1832. He had diseases of various kinds and of the most dangerous character to treat. He performed perfect cures on them all.

William Fields,  
William Barnett  
*Overseers of the Poor.*

We the citizens of Johnstown, do certify, that Dr. J. W. Cooper's compound pills have proved effectual in all cases of Ague and Fever within our knowledge.

J. M' Mullen, M. D.	Thomas Fream,
Peter Levergood,	Lewis Fream,
William Barnett,	Robert Barnett,
Adam Fockler,	Peter Mineely,
Michael M' Gran,	Joseph Burgoon, jr.
Shepley Priestley,	John Hamilton,
Thomas Laird,	Henry Sutton,
Benjamin Haynes,	Wm Tombinson,
Allen Rose,	Robert Hamilton,
Jacob Dritt,	Richard Treanor,
J. K. Buckman,	Jacob Levergood,
John L. Heyser,	C. S. Pershing,
Samuel Douglass,	John Mathews,
Robert Lockard,	Archibald Mathews,
William Huber,	Costlow B. Thompson,
J. C. M'Gill,	William Graham,
George W. Kern,	Joseph Berry,
William Larden,	Hiram Craver,

John O'Neill,

Joseph Chamberlain,

P. O'Neill,

Philip Murphy,

*Johnstown, Nov. 14, 1832*

We do hereby make known. that Dr. J. W. Cooper by his Indian mode of practice, for the last seven months, lost but three patients out of seven or eight hundred cases. A great portion of them was of the most dangerous character.

William Fields,

Joseph Burgoon, jr.

Lewis Fream,

William C. Hayes,

*Johnstown, Dec. 14, 1832.*

We do hereby certify, that a daughter of ours was severely afflicted for some time with the disease of the liver and a swelling of the abdomen; we applied to a mercury Doctor. He gave her more mercury than would have salivated nine men, but all to no effect. The girl got worse. She pined away to nothing but the appearance of skin and bones, by the use of the mercury. She became stooped half double, and her abdomen became hard and more swelled, and of a blueish colour. ~~AB~~

hopes for her recovery were despaired of; but at last we were persuaded to employ Dr. J. W. Cooper. He gave her medicine, and in two weeks a small orifice opened near the navel and discharged corrupted matter, in such a degree that it spun clear across the room. The smell was so bad that we could scarcely stay in the room. In the course of four months she had discharged four gallons of matter. Near the last of the discharge there came small worms with the matter. She continued to take medicine and in five months she was perfectly well and straight. We have reason to thank God that we have the pleasure to give this true statement to the public.

THOMAS COTNEY,

ANN COTNEY.

*Tunnel, near Johnstown, Nov. 30 1832*

I do hereby certify, that I was severely afflicted with the disease of the liver for three years, and was most part of that time confined to bed

I had applied to three Doctors and could not find

any relief. The last Doctor of the three said it was of no use to give me medicine, for I would never get out of my bed, until I was carried out a corpse. I then applied to Dr. J. W. Cooper. He gave medicine which had the most happy effects. I have got perfectly well of my disease, and am able to do work of any kind.

JULIANNA M' DURMIT.

*Johnstown Jan. 12, 1833.*

I do hereby certify, that I was attacked with the Scarlet Fever, and when I was recovering from it I unfortunately got cold, and a tumor formed internally in my system, and a pain in my side. I was so low that all hopes for my recovery were despaired of by all that had seen me. Dr. J. W. Cooper gave me medicine, and the tumor bursted and run off one gallon of corrupt matter, from my nostrils and mouth in twenty-four hours, and one gallon in the course of two weeks after this. I continued to get well and have recovered my health. I will ever feel thankful to Dr. J. W.



Cooper as an instrument in the hands of the Almighty in curing me of this dreadful disease.

DANIEL S. GOUGHENOUR.

*Johnstown Jan. 12, 1833.*

I do hereby certify. that I was severely afflicted with the Dyspepsia for six years, and at last I was so severely attacked that I was confined to bed, and all hopes for my recovery were despaired of by my friends. I sent for Dr. J. W. Cooper. He gave me medicine for two or three weeks, which has cured me sound and well.

JAMES SPENCER.

*Johnstown, Dec. 2, 1832.*

I hereby certify, that I was severely afflicted and lay insensible under convulsive fits for eight hours. Dr. J. W. Cooper administered to me his celebrated specific, which relieved me instantaneously I got well in the course of a few minutes.

SARAH JONES.

*Liverpool, Pa*

I hereby certify, that I John Dimond, was se-

verely afflicted with the Ague and Fever for nine months. I applied to four of the most respectable doctors; they all failed, and it was the opinion of many that I would lose my life, but at last I employed Dr. J. W. Cooper, of Johnstown, he cured me in three days. I have enjoyed perfect health for nine months without any appearance of a relapse.

JOHN DIMOND,

*Johnstown, Nov. 16, 1832.*

We, the subscribers, do certify that Dr. J. W. Cooper has cured a number of cases similar to the above mentioned John Dimond's case, and has not failed in any case to our knowledge.

WILLIAM FIELDS,

WILLIAM HAYES.

*Johnstown. Nov. 14, 1832.*

I do hereby certify, that a large green fly got into my ear, and in attempting to get it out the fly was killed. My ear healed and I was out of my head two nights. All the remedies I could possibly get failed, until I applied to Dr. J. W. Cooper

He put some medicine in my ear and there came five hundred small worms from my ear. I got well in a few hours. Dr. J. W. Cooper also cured me of a severe stage of the chronic Rheumatism.

JOHN IRWIN.

Johnstown, Dec. 12, 1832.

I hereby certify, that I, David Hay, was severely afflicted with the Ague and Fever for nine months and was all that time unable to work: I applied to Dr. J. W. Cooper and got one box of his compound Pills, and used them according to direction, and was cured in three days. I have enjoyed perfect health for nine months without any appearance of a relapse.

DAVID HAY.

Johnstown, Nov. 3rd, 1822.

I hereby certify, that my wife was severely afflicted with Ague and Fever for 15 months. I employed several doctors of Maryland and Pennsylvania, but could not get the Ague stopped longer than two weeks. She got worse every month. A few

days before I sent for Dr. Cooper, we had expected her to die, but as soon as Dr. J. W. Cooper gave her his compound pills she got well and has enjoyed better health for the last ten months than she had for years previous.

MICHAEL SILK.

Johnstown, Dec. 7th, 1832.

I hereby certify, that I, George Merriman was severely afflicted with the Ague and Fever. I sent to Dr. J. W. Cooper and got one box of his compound pills and used them according to direction, and was cured in three days. I returned to the Juniata and worked all the fall. The ague never has returned.

GEORGE MERRIMAN.

Johnstown, January 29th, 1833.

I do certify, that I was severely afflicted with the Rheumatism for twenty-five years. I employed Dr. J. W. Cooper, he gave me medicine which has cured me sound and well.

PETER LEVERGOOD.

March 15th, 1833.

**THE**  
**EXPERIENCED BOTANIST**  
**OR**  
**INDIAN PHYSICIAN!**

Health is a vigorous capacity in the system of man, which enables him to perform all motions and exertions that he is capable of, to a certain degree, without fatigue, such as his accustomed labour, &c. and nature requires a fresh supply of food to support the system, generally three times in twenty-four hours. A plain simple diet is most suitable, as different dishes at the same meal have a tendency to encourage luxury, which unavoidably creates disease in a greater or less degree, and causes inactivity of body and mind, which depends on the ex-

tent to which it is encouraged. Food that has been damaged, or poorly cooked, would also be injurious to man, even if no great quantity were received at once, as such food cannot be properly digested before it sours or putrefies. Food should be taken as regularly as possible, with regard to the time and quantity. Those who labour require more solid food than others, but even in that case, no more should be taken than is necessary to support their strength. Those who lead a sedentary life, will find their mental faculties greatly increased by living on a spare vegetable diet, as their minds will be more free for contemplation. Pure water should always be preferred for beverage, unless medicine is needed; in that case use such articles as appear necessary, which should be discontinued, as soon as health is restored. Many articles of our country production are much more for the health of its inhabitants, for a beverage at meals, and would be equally palatable, if not more so, than those imported, if used a short time, and also much cheaper,—This is admitted by all who have given

them a fair trial. The clothing should be suitably adapted to the changes of the seasons; but care must be taken not to change a thick warm dress too suddenly, for a light one, but change by degrees, to prevent the danger of taking cold. When a person is unavoidably exposed to the wet, he should by no means be persuaded to change his dress; but if he is cold, apply warm garments around him, and by all means keep his feet warm until the system is again restored to its natural warmth and vigour, and the clothes have become dry. In this way the system is secured from the air until nature is guarded against the effects of cold, which otherwise would be apt to close the pores. When the bowels are regular, the excrements are generally discharged once in twenty-four hours, but in case of disease, the bowels are generally either relaxed or constive, in either case it should not be neglected;—keep the bowels as regular as possible, and the feet warm and dry. If we wish to enjoy good health and long life, we must be temperate in every respect. In examining ancient history, we

find that some lived almost a thousand years ; and now but few can be found one hundred years old !— How happens this surprising difference ? Are not those things that were provided by our creator, as plenty and pure now as then ? or is it because man has become too proud to follow the path of self denial, which leads directly to health, long life and happiness ? We find those who live the longest, have been the most temperate, which should encourage us to follow the same path, as good health, and long life are the most desirable of any earthly enjoyments. When we find our health begins to fail, we should enquire into the cause, and apply suitable medicines which will soon restore the energies of the system. But when disease is suffered to continue, the system becomes universally disordered ; digestion is impaired ; the nervous system becomes weak, and the motion of the blood is feeble and irregular. This situation is truly distressing, and requires immediate and long attention, which many times comes short of doing as much good as one potion of physick would have done at



first. Delays are often dangerous, if you would avoid the evils of an impaired constitution, be temperate in all respects, and take medicine when you first need it. Have regular hours for rest and exercise. Then a part of your time can be spent in useful study, for the benefit of yourself and family, which is a much greater treasure than riches: for that prepares the mind for all of the changes of fortune; this raises us above ourselves and neighbours.

DESCRIPTION  
OF  
MEDICINAL PLANTS.

*Agrimony,*

This herb grows on most kinds of soils from one to three feet high, according to the fertility of the soil. The stalk is irregular, of a purplish colour and furry, with leaves, that resemble strawberry leaves. The top is divided into long branches, which bear bright yellow flowers in July and August, which are succeeded by small burs. This herb is good for Gravel and Stone and Bloody Urine.

*Ague Weed.*

This grows on rich wet lands, but most abundantly on new land that is partly cleared. A hairy

stalk rises from two to four feet, passing through, and from six to ten inches long, and lessening gradually each way from the centre to a slim point. It has a bushy flat top, which bears white flowers the latter part of summer. It is useful in almost all diseases. It should be used in tea, or prepared in extracts.

### *Crow Foot.*

This is very common on most kinds of soil in this country, in woods, meadows, and pastures that have not been ploughed. A number of hairy stems grow up early in the spring, to the height of two or three feet, or less, according to the fertility of the soil. The leaves are a number of leaves and purple flowers. It is found at all times throughout the year. It is beautiful in May and June. The root is a kind of spike, some-  
times (as in the case of the) The root is an excellent  
remedy for the rheumatism of the finger, fleshy, and  
about six inches long.

*Bitter Sweet.*

This well known vine grows on rich, loose land, in woods, and bushy places in fields.—The bark of the root, which is of a deep yellow, has been much used for a long time in ointments, salves, &c., for which it is very good. This is also very valuable as an internal medicine.

*Black Cherry.*

This is a common forest tree, and bears the well known and much esteemed black cherries. The bark of its body or roots is the part chiefly used for medicine. It an excellent stimulant.

*Rattle Weed.*

This commonly grows on moist ri  
a number of stalks rise annually fr  
which divide into branches, one for

the ground. A single stalk is continued two or more feet above this division, bearing on its top a tassel of white flowers, succeeded by small shells, which contain the seeds. The root is externally black, and has many large fibres, which are an active stimulant, and useful in many complaints

*Shaking Asp.*

This tree is very common, and is seldom large. It has thick brittle limbs, and almost round leaves which keep, much of the time, in motion, for which reason, it is called shaking asp. The bark is the part used for medicine, which is an excellent stimulant.

*Blood Root.*

This grows on rich moist land in woods, new meadows, and pastures. In some places it is abundant. It grows up early in the spring, from four to eight inches high and bears small white flowers

The root is the part used for medicine. A broken end of a dried root turns red also [when wet. It is called Indian paint by some. It is an excellent expectorant, possessing emetick and cathartick qualities and is a powerful stimulant. This with may apple root, equal quantities, finely pulverised is good to sprinkle sores, to remove scurf, fungus flesh &c or for snuff for polypus in the nose.

### *Blue Vervain.*

It is common where the ground is rich, in the streets and pastures. It has a square stalk that rises three or four feet high, is divided near the top into a number of short branches which terminate in slim stems several inches long, which are surrounded from one end to the other, with small blue flowers, which are succeeded by the seeds. The main root is surrounded by a great number of long fibres, which are a good cleansing stimulant medicine.

*Dog Wood.*

This is a very small forest tree, and grows on rich moist land, has a rough bark and large white flowers. The bark of the root and flowers are a powerful stimulant, and is the part used for medicine.

*Burdock.*

This is well known; the burs being very troublesome to man, and beast as they stick fast to any thing with which they come in contact. It grows on many farms in this country near barns and other rich places. The roots and seeds are cleansing medicine. The leaves make good draught.

*Calamus.*

This is a species of flag, and grows in wet

marshy ground, and is well known as it is much used as a carminative by chewing the root, which is exceeding hot and causes a free discharge of saliva.

*Catnip.*

There are but few mothers in this country who have not given a tea of this to their young children, for wind or pains in the stomach, for which it is very good ; also to cause perspiration.

*Chamomile.*

This is cultivated in many gardens, and is much esteemed for its fine odour, and medicine. The flowers are sold by the apothecaries for a tonic.



*Charcoal,*

This is a good antiseptick, and may be used finely pulverized, as a poultice, moistened with vinegar, or taken internally.

*Columbo.*

This grows on rich oak land, from four to eight feet high, has a number of branches at each joint, and long smooth leaves. The root is large, long, and smooth, a little yellow, and a pleasant bitter. It is a good stimulant.

*Colick Root.*

This grows on oak and pine timbered land has several leaves close to the ground that are smooth and pale green; a stalk rises from the centre of these, ten or twelve inches high, the top of which is a tassal of white flowers; these ap-

pear in July, and are good for snuff. The root is white, hard fibres, which are useless as medicine; the root is the part chiefly used.

### *Castor Oil.*

It is well known that this is made from the Castor bean, and is a good cathartick.

### *Cucumber Tree.*

It grows on rich ground, is tall and slim in the forest, but bushy in the fields. Its leaves (in shape like those of an apple-tree) are from six to eight inches long and four or five wide, of a dark green, and smooth. It bears a fruit about three inches long, called from its shape a cucumber, which contain the seed. These form bunches by their growth which crack open, and a red seed about the size of a white bean drops out when it comes to maturity, the fruit and bark is the part used for medicine.

*Dandeloin.*

This is common on all kinds of soil which is not too wet; has a smooth, round, hollow stem that rises from the centre of a number of leaves that grow close to the ground, and varies in height from one inch to eighteen, bearing on its top a yellow flower which is succeeded by a kind of down that forms a round ball. The roots and tops are good for medicine—they are cleansing,

*Cumfrey.*

This is so common that a description would be useless. The root is the part used for medicine

*Elecampane.*

This requires rich, moist, cultivated land, that

that is not disturbed by ploughing. A number of large leaves rise annually from the root ; from the centre rises a stalk three or four feet high, bearing leaves all the way up, and flowers at the top resembling those of the garden sunflower, but much smaller. The root is white, divided into a number of branches, and runs deep. The green root has a pleasant spicy smell, but considerably pungent and unpleasant to the taste, the root is the part used for medicine, which is very cleansing and stimulating.

### *Featherfew.*

This is very common in many gardens, a tea of the herb is often used for female obstructions, for which it is very good.

### *Garlick.*

This is cultivated in gardens. The root, which the part used in medicine, resembles onions

a little in taste, but is much stronger. It is a good vermifuge.

### *Ginger.*

The root of ginger already prepared for use, is sold by the principal part of the merchants and grocers, in this country. It is good to remove obstructions, is also good on a cold stomach.

### *Giugseng.*

This grows on moist and rich timbered land, and the same height as sarsaparilla, and is divided in a similar manner. The root, which is the part used, short and thick, and tapers gradually to a point at the lower end. It is good to strengthen the nerves.

### *Ginsen.*

This grows in the greatest abundance on intervals

where the ground is very rich. A number of stalks rise annually from the root, which is also divided into a number of branches and has a woody pith. The leaves grow in opposite pairs all the way up. A berry grows above the leaf which is yellow when ripe. The bark of the root is the part used for medicine, which is a good laxative and stimulant.

### *Gold Thread.*

This is an evergreen, grows on small rising spots of ground, in cold swamps, &c. The tops are small and smooth. The root is thread like, yellow and bitter. It is a good stimulant.

### *Golden Seal.*

This grows on rich moist land. A stalk rises from eight to twelve inches, which is purple at the bottom, but changes to green towards the top, and

sometimes divides into two branches, which are two or three inches long, with a leaf on each which generally terminates in five points. One of the branches is sometimes continued about three fourths of an inch above the leaf which bears a berry containing the seed, that is red when ripe. The root is irregularly shaped, of a bright yellow, and has many fibres. The root is a good cleansing laxative, and stimulant. Good for sore mouth.

### *Gravel Root.*

It grows on rich low meadow land, from three to five feet high. From four to six large leaves grow round each joint. The top is divided into a number of branches, bearing at their extremities small pale red flowers. The root forms a large bunch of dark coloured fibres, which surround the main root. The fibres are mostly used and are an excellent Diuretick.

*Hemlock Tree.*

This is a common forest tree. It has very small leaves and twigs which are a good sudorific. The gum is good in salves and strengthening plasters.

*Hops.*

These are well known to all who make beer, which should be preferred to water when that is not pure; but all do not know that a tea made of hops is good for worm complaints.

*Horse Radish.*

This is well known in this country, as it is used by many in the spring of the year, being grated while it is green and mixed with vinegar to be eaten at meal time, and is very good to quicken the blood and appetite. It is also a



good stimulating medicine; the leaves when applied as draughts draw powerfully.

*May Apple Root.*

This is found in abundance in some places. A smooth green stalk rises early in the spring of the year, one foot or more, which carries up the only leaf or leaves about it. At the division of the stalk that bears two leaves, a stem puts out that supports a white flower, which is succeeded by the apple, and when ripe it is yellow, of an agreeable smell and admired by many to eat. The root is the part used for medicine

*Indian Physick.*

This grows on low intervals, and at the edge of marshes. It rises from two to five feet, has a purplish stalk, and thin smooth leaves. The flowers nearly resemble those of buck-wheat succeeded by slim pods, four or five inches long. The roots or

branches discharge a milky substance if divided when green. The root is dark coloured and has a woody pith. The bark of the root is a good cathartic. Timely pulverized it is an excellent snuff<sup>o</sup> remove obstructions in the head, and will many times relieve pain.

*Lady Slipper.*

There are four kinds that are called by this name, which differ more in their appearance, than in their medical virtues. The different kinds may be found on moist kinds of soil. The flower of one is red, another yellow, another white, the fourth red and white. The flowers of all are at the top of the stalk, and are in form like a round bag, with a small entrance into it near where it joins to the stem. Some have leaves all the way up others but two, which are near the ground. The main root is small and is surrounded by a great many fibres, which are the parts used. It is to strengthen the nerves, used in tea or powders.

*Lemon Balm.*

It is cultivated in gardens by those who are acquainted with its virtues, as few articles are equal to it as a sodorifick. It branches out a little above the top of the ground if it stands singly, and forms a large thick bunch from one to two feet high. It has smooth narrow leaves, very notched, and set thick all the way up each branch. Six purple flowers grow at each joint, succeeded by a husk, which contain the seed. The husks are about half an inch long, and terminate in five points, three up, and two down. The leaves and flowers make pleasant drink in all diseases, especially those of a bilious nature.

*Spikenard.*

This is generally known, as it grows commonly in woods and fields, on loose rich ground. The stalk rises from two to five feet. Of a greenish brown, and is divided into a number of large spreading

branches. The leaves are handsomely proportioned to the size of the stalk, and are notched round the edge. At the division of the branches, a main stem puts out, from three to six inches long, which is surrounded by small ones. The end of these is surrounded by small berries, placed in a round form, about the size of an ounce ball, which, when ripe, are about the colour of the stalk, and are good to eat. The root, which is the part used for medicine, is divided into a number of about equal branches, which are smooth, and keep their size sometimes two or three feet. The pith of the root should be taken out while it is green. The outside of the root is cleansing and strengthening.

*Lobelia Inflata.* Indian Tobacco.

This herb grows on most kinds of soils, from six inches to two feet high, according to the fertility of the soil. The stalk is irregular and furry, with pale green leaves, standing singly at a

little distance apart, on the main stalk and its branches. These are also furry on the under side, but free from it on the upper side. The edge of the leaf appears as if small points projected out all of the way round. The flowers, which are towards the top of the stalk, and its branches, are pale blue. These terminate in five points.—Two turn up, and three down. A small pod appears at the bottom of the blossom, which increases in size as the blossom decays. These readily yield to pressure, are the same colour as the leaves, and contain a great many very small seeds. The whole herb is very pungent to the taste, for a short time. The leaves, pods, and seeds are all good as an emetic, and expectorant.

### *Man Root.*

This is very plenty in some places. It has a number of vines from each root, several feet long which bear large leaves, and bell shaped white

flowers. It has a large white root, which runs deep into the ground, and is useful as a stimulant.

### *Meadow Cabbage.*

This grows on low meadow land, by the side of streams, &c., several large, smooth, green leaves, rise early in the spring from the main root, which runs straight into the ground, and is surrounded by a great number of large wrinkly fibres. The seed is contained in a small ball close to the ground, which is surrounded by a kind of sheath; the whole of this has a strong scent, resembling that of a skunk. The main root is the part used for medicine, which is very pungent. It is a powerful antispasmodick, useful in colicks and griping pain in the bowels, fits and spasms, coughs, rheumatisms, and all nervous affections.

*Mounting Mint.*

It grows on a rich sandy soil, and rises two or three feet high, has a square green stalk with long branches, which bear at their extremities, large reddish flowers. The leaves and flowers are exceedingly hot to the taste, and are a good sudorific.

*Mullen.*

This is well known, as it grows common on farms generally. The leaves make good draughts. The flowers are a good laxative for children. A tea made of the heart of the young plant, boiled in milk and water, is good to relieve griping pains in the bowels.

*Rue.*

This is cultivated in many gardens, and is an

evergreen, of a nauseous bitter taste, the herb is a good emmenagogue, stimulant, and vermifuge.

### *Mustard.*

The seed of this is well known, being much used with food, mixed with vinegar. It is a good article for draughts, when mixed with flour; it should be finely pulverized for either; and for an emetic, for which it is said to be much used in England as a counter poison. The dose recommended is a small table spoonful in a tumbler full of warm water, drank at one draught. Its effects are said to be instantaneous. Flour mixed with vinegar, and made into a plaster, and sprinkled over with fine mustard seed and applied to the pit of the stomach, will generally relieve the most obstinate vomiting.

### *Onions.*

These are commonly raised in all gardens in this country, are very good for draughts.



*Pleurisy Root.*

This grows on warm sandy land. A number of furry stalks rise annually from each root, from one to two feet high, which is thickly set with single narrow leaves all the way up, these are also furry on the under side. The top is divided into short branches, which bear bright yellow flowers in July and August, which are succeeded by pods, that resemble those of the common milk wood, except that these are smaller and turn up. The roots are externally pale yellow. internally paler, or almost white. Some of the roots have small black veins running promiscuously over their external surface. The root is a good antispasmodic, carminative, expectorant, and sudorifick.

*Pipsisway.*

The description of the small kind of wild lettuce is applicable to this, as to the place of its

growth, stem, roots, and leaves, except these are thicker, and more notched around the edge, and narrower. It possesses much the same virtue.

### *Peach Tree.*

This is a common fruit tree. The nuts of the fruit are good to relieve pain in the stomach, caused by weakness. Five or six may be eaten at a time, three or four times a day; or a tincture made of them, and the bark of the root for costiveness. The leaves are an excellent laxative for children: The bark of the root is good for worms.

### *Pearl Ash,*

When mingled with cider, vinegar and water, or clear water, is very good for those who are troubled with acidity, or slime in the stomach. If the vinegar is good, it should be mixt with water, equal quantities. To a gill of this, or good old ci-

der, add half of a teaspoonful of pearl-ash; stir it quick, and drink it while it is foaming, and throw away what settles. A piece the size of a large pea, is as much as should be taken at once in water.

*Pennyroyal & Peppermint,*

Is generally known. A tea made of either, is good in all diseases. It will cause a free perspiration, if drank freely.

*Pitch Pine.*



It is well known that tar is made from this; tar water is very opening and cleansing to the system, which should be made, by adding a quart of boiling water, to a quart of pure tar, and stir the whole together; then let it stand and cool. After it has separated, the water should be kept in bottles for use. From one to four table-spoonful should be taken three times in a day on an empty stomach. It is a useful medicine in cases of debility.

*Prickly Ash.*

This I believe, is so well known as to render a description unnecessary. The bark and berries are good stimulents to quicken the action of the fluids. The berries are exceedingly pungent, aromatic, and much more powerful than the bark.

*Red Cedar.*

This is well known where it grows, being much esteemed for its durability for fence posts, &c. The cedar apple has of late been recommended so highly, I am induced to believe that it possesses uncommon vermifuge properties. The following was taken from a newspaper, soon after it was first published: it is however greatly abridged. They may be found all seasons of the year, on the small boughs, or twigs, of the red cedar tree, from the size of a hazle nut to that of a black wall nut. They possess the same virtue after they are dry, as

when green; but are not so bitter. It was stated that a number of them had been eaten with safety although a small quantity had produced the desired effect; they may be pulverized and mixed with molasses.

*Rush.*

This grows on rich, moist land, from one to two feet high, and has neither leaves nor branches.— It is generally known, as it is much used by women for scouring. It is good in all cases of gravel.

*Sage.*

This herb is much used for seasoning savoury meat, especially sausages. It is also good to remove obstruction, but care must be taken, or the patient will take cold after using it, as it leaves the pores relaxed. The herb powdered is much esteemed by many in worm complaints for children.

*Saffron.*

The flowers of saffron are justly and highly esteemed, as a laxative for children. They are a good stimulant, and useful in all bilious complaints.

*Sarsaparilla.*

This grows on different kinds of soil, and old decayed logs. A stalk rises from twelve to eighteen inches, and divides near the top, into three equal branches, which bear a number of pale leaves finely notched around the edges. The root is about the size of a goose quill, and continues the same size a number of yards. The root tastes a little like spikenard.

*Sassafras.*

This is a common small forest tree, and is generally known, as the bark of the root is much admir-

ed by most people, for its agreeable taste. When made into a weak tea, it is very pleasant with food ; it is also good in poultices, for which it should be pulverized and combined with other medicine, or it may be used as snuff, mixed with Indian physick.

*Scoke.*

This grows on rich moist upland, by the side of highways, &c., and is generally four or five feet high, or more. The stalks are large, (several of which generally grow from one root) and divide into many branches ; these bear long clusters of berries, that are black when ripe. A tincture made of the berries is much esteemed by some for the rheumatism. The root is good for draughts.

*Slippery Elm.*

This is a forest tree, and is easily known from the other elm trees, as the inner bark of this is

a mucilage, which is the part used for medicine. It is good in poultices, syrups, and teas, for which it should be pulverized.

### *Smart Weed.*

This hot herb grows verry common by the side of highways, and other uncultivated land, and is so well known as to render a description unnecessary. It is an excellent antiseptick emmenagogue, stimulant and sudorifick.

### *Snake Head.*

This grows by the side of streams, and wet places, from one to three feet high ; bearing leaves at each joint, of a dark green. The stalk is partly square at the bottom, but round towards the top. The leaves are the part used for medicine, and have a nauseous bitter taste. It has a white blossom which resembles a snake's head with its mouth part-



ly open. It is a good stimulant and sudorifick.

*Sorrel.*

This may be found on every farm in this country, and has a pleasant sour taste. The leaves roasted and applied to a swelling, assist very much in causing suppuration.

*Spearmint.*

Is good to make a tea for those who are afflicted with sickness at the stomach, or at other times for constant drink, or to cause perspiration; for which it should be used freely.

*Summer Savory.*

This is cultivated in gardens, and needs no description. It may be used as a sudorifick.

*Spice Bush,*

Is common on low forest ground, and grows from four to eight feet high. It bears berries which are red when ripe. These, together with the leaves and bark have a pleasant spicy taste. The leaves and bark are a good sudorifick.

*Spotted Plantain,*

Grows on beach and maple land, on small rising spots of ground, generally a number of plants together. A number of smooth, oval evergreen leaves grow close to the ground, pale green on the under side; the upper side is deeper green and has light coloured lines running in various directions over it. The root grows on the top of the ground, with fibres on the under side, and are exceedingly hard to dry. The tops and roots when green are good for poultices, or for ointment.

*Stinking Chamomile.*

This grows by the side of highways, and on hard uncultivated places on farms, one foot or more high, and has leaves and flowers resembling those of the garden chamomile. It is a good sudorifick.

*Shumack.*

This shrub grows on farms, by the side of fences and fields, where other bushes are suffered to grow, if the ground is light and mellow. The branches frequently terminate in a clump of berries, which are red when ripe, and of a pleasant sour. It makes a pleasant drink; in fevers. The bark, leaves, and berries, are a good astringent.

*Tansey.*

This is very common, on almost every farm, and is useful in female complaints.

*Swamp Snake Root.*

This is an evergreen, and grows by the side of streams, and in swamps. The leaves are supported by foot stalks six or eight inches high, (many of which have light coloured lines running in various directions,) and are notched about the edge. The root grows on the top of the ground, and is about the size of a goose quill, or smaller, from two to six inches long, with fibres on the under side.— The root has a spicy taste, a little like wild ginger, externally of a purplish green, the inside is purple. Sometimes a stalk rises, all the way up. The seeds succeed yellow flowers at the top; the leaves and roots are used, which are very cleansing either internally or externally.

*Swamp Sassafras.*

This shrub grows on rich wild land, most commonly a number together. The top is generally

thick and flat, and has white blossoms, which grow in clusters like white elder blows, succeeded by small berries. The leaves are oval, and end in a slim point, and sometimes turn red after they are full grown. The bark of the young sprouts is green, but gradually changes to a gray, until that is predominant; but the green sprouts can generally be found where it grows. The bark is a cleansing astringent.

*Sweet Birch.*

This small forest tree grows mostly in cold climates. The bark tastes a little like wintergreen, and is admired by many to eat. It is good to quicken the blood, when made into tea or syrup.

*Tag Alder.*

This shrub is generally known; the bark, or

tags, are a very cleansing medicine, internally or externally as a wash to sores, &c.

*Sweet Fern.*

This grows in abundance in some particular parts of this country, and is generally known where it grows, being much esteemed to put into beer, &c.; the bark, leaves, and twigs are good astringents, and cleansing to the blood.

*Tamarack.*

The gum and balsam of this well known tree is very useful as medicine, when dissolved in alcohol.

*Red Raspberry.*

This grows about the edges of fields, and other places not disturbed by ploughing. The stalk grows generally three or four feet high, and differs,

from black raspberry, by being more erect and more thickly set with smaller prickles: the leaves differ but little, neither do the berries, except in colour, the thimbleberry being red and the black raspberry black. The leaves are an excellent astringent and diuretick.

### *Thyme.*

This is an evergreen, cultivated in gardens, and is used by many instead of summer savory, in cooking. A number of small stems rise from the same root, six or eight inches high, and form a bunch, like sage, or hysop. It is a good emmenagogue.

### *White Ash.*

The bark of the root, or body of this well-known forest tree, makes an excellent quick physick. Put what you wish to prepare into a kettle,

and cover it with water; boil it sufficiently to get out the strength, then strain the liquor, and boil it down as thick as tar; add a sufficient quantity of flour to make it in a stiff mass for pills; make the pill the size of a pea: three pills or more is a dose.

### *Vine Maple.*

It grows on rich moist land in woods, and sometimes by the side of fences. A smooth woody vine, fifteen or twenty feet long, springs up from a long slim root, which is about the size of a goose quill, of a bright yellow, and is a pleasant bitter. The young vines are green, the older ones of a greenish brown, and still older ones gray. These bear scattering leaves, a little hard maple leaves, but do not terminate in so many points. The stem which supports the leaf is three or four inches long, and generally unites with the leaf about the fourth of an inch from its edge. The root is a good carminative and stimulant, good for Dyspepsia.



*Walnut.*

The walnut tree bears a nut with a thick shell, which is easily separated from it after it comes to maturity, but not before. The leaves of this tree are good for draughts, and the bark a good vermifuge.

*White Cohush*

Grows in forests of beech and maple timber, is divided into a number of branches, a foot or more from the ground; from the centre of the branches, a stem rises, which bears a cluster of white berries at the end. The main root is not as good as the fibres, on account of its decay. The root and berries are a good carminative medicine.

*White Elder.*

This is too well known to require a description :

the bark is good for ointments, the flowers are a good laxative, the green leaves are good for sores that are inflamed.

### *White Poplar.*

This is one of the handsomest forest trees our country affords : the bark of the root is an excellent carminative and stimulant medicine.

### *White Lily.*

The root of this is large, and grows at the bottom of ponds and bogs, where the water is not too deep. Long stems from this support large leaves, and a beautiful white flower, at the top of the water. The root is a good astringent, particularly in poultices.

### *White Pine.*

The inner bark of this tree is good in poultices :

tea made of the buds, when full grown, is good to strengthen the urinary organs of those who cannot hold their water through the night. The turpentine is good in salves and strengthening plasters.

### *White Vervain.*

The appearance of this is something like blue vervain, except that it does not generally grow so high. The stems which the flowers grow on, lie more horizontally than those of the blue. The flowers are white. It is a good cleansing stimulant, good in liver complaints.

### *Wild Ginger.*

This grows in the greatest abundance on hemlock timbered land, but may be found on beech and maple land. The leaves are supported on foot stalks four or five inches long, and are in shape some like the bottom of a colt's foot, but broader.

At the end of the root, a ball puts out a short stem, from between the foot stalks, which contain the seed. The ball is half an inch in diameter, or a little more. The root is about the size of a goose-quill, very aromatick and stimulating. It is good in snuff.

### *Indian Turnip.*

This turnip shaped root grows on low wild land, and is so well known that a description is needless. The root is a good antispasmodick expectorant and vermifuge.

### *Wild Mint.*

This grows on low ground, from one to two feet high, with two leaves at each joint, and branches above each leaf, which are short near the bottom but longer towards the top, until the branches disappear, and small burs, which encircle the stalk occupy their place. Burs of a similar description

occupy all of the joints of the branches, except the first from the stalk. The stalk is square and furry ; the joints from one to two inches apart at the bottom, but shorter all the way up. This herb resembles pennyroyal in taste and smell, as well as in its virtues.

### *Wild Lettuce.*

There are two kinds of this, that grow common on uncultivated upland. The large kind has short foot stalks, which spring from the root. The other kind has a stem about four inches high, which supports its leaves near the top. The roots of both are slender and white, and run from one plant to another, sometimes a number of yards. They are very cleansing and purifying to the blood.

### *Winter Brake.*

This evergreen brake grows on rich upland, and puts forth a number of branches every spring, at

which time the old ones decay down to the surface of the ground. The branches are short and do not stand erect. The leaves are thick and of a deep green. The root is a good astringent and styptick.

*Yarrow.*

This grows in pastures, and other improved land which has not been disturbed by ploughing for a year or two. It has five slender leaves, and a flat top of wild flowers, about a foot and a half high. The herb is a good stimulant sudorifick and styp-tic.

*Wintergreen.*

This grows on warm dry land, four or five inches high, and has red berries. The young plants are very pleasant to eat ; the herb is good for Gravel.

*Witch Hazel.*

This grows ten or fifteen feet high, on rich unimproved lands where large timber is not thick, generally a number together. It has a great many white spots, which sometimes encircle the body and limbs. For this reason it is called, by some, spotted alder. The leaves are a good astringent, and will sometimes stop internal bleeding.

*Worm Wood.*

This is cultivated in many gardens, and is so well known as to render a description unnecessary. The herb is a good stimulant and vermifuge.

*Yellow Dock.*

This grows in gardens and ploughed fields, where the ground is rich. The leaves are narrow, and much esteemed by some for greens.

The root is very cleansing to the blood, used as a tea, or externally as a wash or ointment.

*Yellow Lily.*

This does not differ much from the white lily in appearance, except in the colour of the blossom, which is yellow. The root is an excellent article in poultices.

*Balsam of Fir.*

This is obtained from blisters that form in the bark of the fir tree, which is found in many parts of the United States—good for tinctures.

*Angelica.*

This is often cultivated in gardens, and also grows wild in many parts of this country. It sometimes rises to the height of four or five



feet, dividing into many branches, bearing at their top seeds resembling those of the common parsnip. The root is divided into a number of branches. The seeds and roots have an aromatick, pungent taste, very much alike, either of which is a good carminative medicine.

*Arcns Root.*

This grows on wet ground: the tops resemble those of the common field turnip, and remain green through the winter. The root is nearly as large as that of the Crow Foot, is also fleshy, and externally of a dark brown. It is an excellent astringent.

*Balm of Gilead.*

This is cultivated by many for a shade tree, and in many places grows wild, and is generally known where it grows. It is a species of

poplar, has large buds containing a kind of balsam, which is the most useful part. The buds must be warmed and pressed to extract the balsam.

*Barberry.*

This shrub is cultivated by many in their gardens, yards, &c. The bark of the root has long been used in cases of jaundice. It is an excellent stimulant. It bears small, long, red berries, the juice of which is a very sharp acid.

*Linn Wood.*

This is a common forest tree on low lands. The inner bark of the young tree, scraped and pounded, makes an excellent poultice.

*Bayberry.*

This shrub grows in various kinds of soil, on

hills, and in swamps, bearing berries close to its branches, from which the well known Bayberry tallow is made. A further description is unnecessary. The bark of the root is a powerful and safe astringent.

*Black Alder.*

This grows on wet swampy ground to the height of eight or ten feet. It bears abundance of berries, which are red when ripe. If these are chewed, they turn the spittle yellow. The bark is thickly covered with white specks, and is the part used for medicine. It is a very good physick and vermifuge.

*Black Maple.*

This small forest tree grows on cold hemlock timbered land, has a streaked greenish bark, the leaves are large, and terminate in several points

like the maple leaf. The bark is an excellent cleansing medicine for the blood.

### *Clove Root.*

This grows from twelve to twenty inches high, on rich land, and is divided into a number of branches, bearing burs at their extremities, which, when dry, resemble a dry red clover head. A number of rough leaves grow close to the ground. The root is the part used for medicine, which is surrounded by a number of fibres—good for cleansing the blood.

### *Spanish Needles.*

This grows in gardens, ploughed fields, and in wet places. A square stalk rises from two to four feet, has a number of branches in opposite pairs, bearing at their extremities a round ball-like flower, which is succeeded by forked seeds, abou

half an inch long: these are apt to stick to clothes. The leaves and seeds are the parts used for medicine which is good for Gravel.

*Dwarf Elder.*

This grows on hemlock timbered land, has a rough stalk from one to two feet high, and bears bunches of blue berries: the root is the part used for medicine, which is cleansing to the blood.

*Garden Parsnip.*

The root and seeds are good in all cases of Gravel.

*Quassia.*

This is sold by the apothecaries, and is good for the Whites.

*Marsh Mallows.*

This is generally known, and is good for Gravel.

*Centaury.*

This is well known where it grows, being much esteemed for its tonick properties: it is good in all cases of obstructed Menses.

*Iron Weed.*

This is generally known, and is good in cases of Dropsy.

*Sarin.*

This is well known where it grows, and is good in obstructed Menses.

*Hackberry Leaves,*

Dry, are good in all cases of Gravel.

*Hyssop.*

This is a garden herb, and is good in all cases of Influenza.

*Liverwort.*

This is generally known, and is good in all cases of Liver and Consumptive diseases.

*Wallink:*

This is generally known where it grows, being much esteemed for its physick properties; for children, a teaspoonful of the juice.

*Wildwillow.*

This grows by the side of streams, and is used by the powder-makers for the manufacture of

powder. A strong tea, made of the inner bark, will cure any stage of the Venereal disease.

*Horehound.*

This is generally known where it grows.

*Motherwort.*

This generally grows on rich ground, and in bunches like that of horehound, but the leaves are a deep green and much larger.

*Swamp Allebcr.*

This grows on low meadow land, by the side of streams, &c. It resembles the meadow cabbage. The fibres of the root are good, simmered in hogs' fat, for the Itch.



*Pills No. 1.*

Mayapple root,	1 part,
Gamboge,	1 part,
Blood root,	1-2 part,
Lobelia Inflata herb,	1-4 part,

made into a fine powder, and well mixed with molasses to form a stiff mass. Make the pills the size of a pea—Dose from four to seven pills; children in proportion. This is the best physick I have ever used. If the stomach be foul, they will act as an emetick.

*Pills No. 2.*

Take the bark of the root of White Ash, put what you wish to prepare into a kettle, and cover it with water: boil it sufficiently to get out the strength, then strain the liquor and boil it down as thick as tar; add a sufficient quantity of flour to make it into a stiff mass for pills: make the pills the size of a pea—three pills or more is a dose.

*Compound Ague Pills.*

Quinine, best Peruvian Bark, of each equal parts by weight: mix them well together; add sufficient water or book-binders' paste to make a stiff mass—make the pills of common size.

*Emetick No. 1.*

Take ipecacuana 25 grains to 4 table-spoonful of warm water; mix them together, and take a table-spoonful every five minutes, until it acts freely: work it off with warm water.

*Emetick No. 2.*

Lobelia inflata, two parts; meadow cabbage, one part: these should be made fine and well mixed. A teaspoonful of this may be mixed in a teacup half-full of warm or cold water: stir it well together, and take a teaspoonful of it; and if it

should not cause distress in the stomach in five minutes, a fourth of it may be taken at a time, once in fifteen minutes, and the same quantity repeated in the same way, if it should not operate in thirty or fifty minutes after the last is given. Emetics should never be given until costiveness is removed; if it be, excruciating pain may be the consequence.

### *Expectorant Powders.*

Take mayapple root two parts, meadow cabbage two parts, blood root one part, lobelia inflata one part, all made fine and well mixed together—dose from a quarter to a half teaspoonful, in a table-spoonful of fresh water.

### *Antispasmodick Powders.*

Take meadow cabbage, Indian turnip, and pleurisy root, equal quantities, all made fine and

well mixed together—dose from a quarter to three quarters of a teaspoonful: if all the roots cannot be had, they may be used separately. Given in a tablespoonful of water.

*Strengthening Plaster.*

Hemlock's gum,	2 pounds,
Mutton tallow,	2 pounds,
Bees' wax,	2 pounds,
Burgundy pitch,	3 pounds.

Melt the whole together, and strain it clear when about blood warm: add 1-2 pound pulverized cumfrey, and mix them well by stirring until cold. These make an excellent strengthening plaster.

*Ointment No. 1.*

Bitter sweet bark of the root, hogs' fat, of each equal parts: simmer it over a slow fire for several hours, as hot as it can be without crisping the ar-

ticles ; then press out the ointment, and preserve it from the air for use.

*Ointment No. 2.*

Swamp alleber root, yellow dock root, of each equal parts : simmer it well in fresh butter without salt, for several hours. This is the best ointment for Itch I ever used.

*Ointment No. 3.*

Take Ointment No. 2,	6 parts,
Salt Petre made fine,	2 parts,
Gunpowder made fine,	1 part,
Chalk made fine,	1 part.

Unite them well together. This is the best ointment for Tetters I have seen.

*Ointment No. 4*

Bees' wax,	1 pound,
Mutton tallow,	2 pound,
Cut and dry,	3 pounds,
Cider,	1 gallon.

Put all into a pot, boil it to half a gallon; then strain. This ointment is good in all cases of *White Swellings*.

*Salve for Felloes.*

Take fine salt, and burn it on a shovel; cover it with sheet iron, to prevent it from flying; add Castile soap and spirits of turpentine, and unite them well together, to make it the consistency of salve.

*Tincture of Hemlock.*

Half an ounce of the oil of hemlock, half an ounce of hemlock gum, half an ounce of gum

guaiacum; add this compound to three half pints of alcohol—digest for six days.

*Tincture for Rheumatism.*

Take country gensen root, prickly ash berries, spikenard, scoke berries, equal parts: to half a pound of this compound add one quart of rye whiskey, or good French brandy—dose from half to a wineglassful three times a-day in bad cases.

*Liniment for Rheumatism.*

Take	1 gill of Beef-gall,
	1 gill of Spirits Turpentine,
	1 gill of Whiskey,
	1 gill of Fine Salt :

Boil them until they unite. This has cured Rheumatisms of twenty years' standing. It is good to remove pain of any kind. This liniment is rubbed externally.

*Oil of Fish Worms.*

Take fish worms, wash them, put them into a strong bottle, cork it tight; then put dough round the bottle, place it in the oven: when the dough has baked to a crust, take it out, strain and bottle for use. This oil is good for stiff joints and contracted sinews. Used by rubbing on externally.

*Tincture of Lobelia Inflata.*

Take lobelia inflata, one pint, rye whiskey, one gallon; digest six days, then strain. Dose from one teaspoonful to a tablespoonful.

*Hysterick Tincture.*

Take tincture of lobelia inflata, 12 parts, sulphuric ether, 3 parts, tincture of assafetida, 3 parts. dose one teaspoonful.



*Tincture for Sore Breast.*

Take hemlock tincture, lobelia inflata tincture,  
equal parts.

*Strengthening Bitters.*

Golden seal,	* 1.2 part,
Ginseng,	1 part,
Ginsea,	1 part,
Chamomile flowers,	1 part,
Lemon peel,	1 part.

One ounce of this compound is to be put in a  
quart of wine or whiskey. Dose half a wine-  
glassful.

*Tooth Powders.*

Bayberry bark,	1 part,
Tanners' bark,	1 part,
Black Alder bark,	1 part,
Wild Ginger,	1 part,

all pulverized and well mixed.

*Vermifuge.*

Castor oil,	8 parts,
Wormseed oil,	1 part,
Spirits Turpentine,	1 part,

well mixed together. Dose one teaspoonful to a child one year old, age in proportion.

No. 1. *Cancer Salve.*

Take a sufficient quantity of ashes of white ash bark, to an ounce of mutton tallow; add to this half a gill of French brandy: mix them well together to form a salve.

No. 2. *Salve.*

Bitter sweet,	2 parts,
Cumfrey,	1 part,
Mutton tallow,	2 parts,
Bees' wax,	1-2 part.

Simmer this compound well for twelve hours: then strain.

*Syrup No. 1.*

For a common syrup after a disease, take ague weed, elecampane, spikenard, meadow cabbage, swamp snake root, and sweet fern, of each two tablespoonfuls, and four tablespoonfuls of linn wood; put the whole into an iron kettle, with three quarts of pure water; simmer it away one half, then strain and sweeten it sufficiently to make it palatable, and add one pint of spirits to keep it from souring: when about blood warm, add two tablespoonfuls of Indian turnip. Dose one tablespoonful three times a-day.

*Syrup No. 2.*

Rattle Root,	6 parts,
Indian physick,	2 parts,
Rhubarb fine,	2 parts,
Meadow cabbage,	3 parts,
Spikenard,	2 parts.

Put this compound into a pot; add a sufficient quantity of pure water, boil down one half, then strain; add a sufficient quantity of spirits to keep it from souring. Dose one tablespoonful.

*Definitions of Terms.*

*Antisepticks*—Against putrefaction.

*Antispasmodicks*—A medicine to quiet the irritation of the nerves.

*Aromatics*—Spicy, strong scented.

*Astringents*—Binding, contracting.

*Balsam*—Gummy tinctures.

*Carminatives*—Medicine to dispel wind.

*Catharticks*—Medicine to purge downward, physick.

*Defergents*—Cleansing medicine to the blood.

*Diuretics*—Having power to increase the discharge of urine.

*Emeticks*—Medicine which causes vomiting.

*Emmenagogues*—Medicine to cause menstruation.

*Expectorants*—Medicine which increases the discharge of mucus from the lungs.

*Laxatives*—Mild physick.

*Simulants*—Medicine that excites sensation.

*Stypticks*—Medicine that stops bleeding.

*Sudorificks*—A medicine that promotes sweat.

*Vermifuge*—Medicine that expels worms.

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*RULES to be observed in collecting and curing  
Medicinal Plants.*

Barks from the bodies of trees, or large roots, should be collected in June or July, as they are then much stronger than earlier in the season. after that time, they will not be apt to peel freely. The outside bark, or rind, should be taken off before it is peeled, so that what is used will be pure. The bark from young thrifty trees should always be preferred.

Roots of all kinds should be gathered in the fall, as they then possess their full strength, which must, in a great measure, be lost by freezing. Large roots should be cut into thin pieces across their length, so that they can dry more

speedily. The bark of small roots should be beaten or scraped off while green, as it would be difficult to get it off after it is dry; besides, it will dry the better after it is off.

These, as well as large roots, should be carefully examined, and all useless substances separated from them, before they are dried, either by washing, scraping, or cutting; as such substances are injurious in every respect.

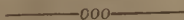
Herbs of every kind should be gathered before their blossoms all disappear, as their strength fails after that time. They should be free from the wet of rain or dew when collected, particularly examined, all dead leaves and useless substances of every kind removed, and the leaves and flowers carefully preserved for use.

Medicine should be dried in an upper room near the roof, where damp air can be kept out, and fresh dry air admitted. When it is sufficiently dry, and carefully packed in paper, place it where it will be secure from the air or dampness.

Vegetables are used as medicine many times

without any benefit, owing to the carelessness with which they are collected and cured.—Careless persons are as apt to collect herbs in a rain storm, or between showers, as at any other time, and perhaps more so; for what other time could possibly be spent in so trifling a manner? They are then thrown into some improper place to dry or mould, where they remain undisturbed, except by vermin, as they are generally at liberty to add any filth to them that comes in their way. Such substances would be very injurious to the system, and would create disease instead of removing it. Many, who would not trouble themselves to know whether the medicine was properly prepared or not, would be more than ever convinced that vegetable medicine is not powerful enough to remove disease, and thus prove the necessity of using mercury. Then you must send for a doctor, and submit to his advice, without even consulting your own judgment in the case. Please to make another trial, and take at least as much pains to cure the medicine for yourself and family, as you do

the food for your cattle, and you will think as I now do, that mercury is useless as medicine.



*Of Fevers in general.*

As more than half of mankind are said to perish by fevers, it is of importance to be acquainted with their causes. The most general causes of fevers are infection, errors in diet, unwholesome air, violent emotions of mind, suppression of usual evacuations, external or internal injuries, and extreme degrees of heat or cold.

Fevers are not only the most frequent of all diseases, but they are likewise the most complex: in the most simple species of fever, there is always a combination of several different symptoms. The distinguishing symptoms of fever are, increased heat, frequency of pulse,



loss of appetite, general debility, and a difficulty in performing some of the vital or animal functions. The other symptoms usually attendant on fevers are, nausea, thirst, anxiety, weariness, wasting of the flesh, want of sleep, or the sleep disturbed and not refreshing.

When the fever comes on gradually, the patient generally complains first of languor, soreness of the flesh or of the bones, heaviness of the head, loss of appetite, sickness, with clamminess of the mouth: after some time come on excessive heat, violent thirst, restlessness, &c. When the fever attacks suddenly, it always begins with an uneasy sensation of excessive cold, accompanied with debility and loss of appetite; frequently the cold is attended with shivering, oppression about the heart, and sickness at stomach, or vomiting.

Fevers are divided into continual, remitting, intermitting, and such as are attended with cutaneous eruption or topical inflammation, as the small pox, *crisypelas*, &c. By a continual fever

is meant that which never leaves the patient during the whole course of the disease, or which shows no remarkable increase or abatement in the symptoms. This kind of fever is likewise divided into acute, slow, and malignant. The fever is called acute when its progress is quick, and the symptoms are violent: but when these are more gentle, it is generally denominated slow. When livid or petechial spots shew a putrid state of the humours, the fever is called malignant, putrid, or petechial.

A remitting fever differs from a continual only in degree: it has frequent increases or decreases, or exacerbations and remissions, but never wholly leaves the patient in the course of the disease. Intermitting fevers, or agues, are those which, during the time that the patient may be said to be ill, have evident intervals or remissions of the symptoms.

As a fever is only an effort of nature to free herself from an offending cause, it is the business of those who have the care of the sick, to observe with diligence which way nature points, and to en-

deavour to assist her operations. Our bodies are so framed as to have a constant tendency to expel or throw off whatever is injurious to health : this is generally done by urine, sweat, stool, expectoration, vomit, or some other evacuation.

There is reason to believe, if the efforts of nature, at the beginning of a fever, were duly attended to and promoted, it would seldom continue long ; but when her attempts are either neglected or counteracted, it is no wonder if the disease proves fatal. There are daily instances of persons who, after catching cold, have all the symptoms of a beginning fever ; but by keeping warm, drinking herb teas, bathing their feet in warm water, &c., the symptoms in a few hours disappear, and the danger is prevented. When fevers of a putrid kind threaten, the best method of obviating their effects is by repeated physicks and vomits. It is likewise a common notion, that it is always necessary to raise a sweat in the beginning of a fever. As fevers often proceed from an obstructed perspiration, this no-

tion is not ill founded. If the patient only lies in bed, bathes his feet and legs in warm water, and drinks freely of herb teas, he will seldom fail to perspire freely. In all fevers a proper attention should be paid to the patient's longings. These are the calls of nature, and often point out what may be of real use. Patients are not, indeed, to be indulged in every thing that the sickly appetite may crave ; but it is generally right to let them have a little of what they eagerly desire, though it may not seem altogether proper. What the patient longs for, his stomach will generally digest ; and such things have sometimes a very happy effect.

When a patient is recovering from a fever, great care is necessary to prevent a relapse. Many persons, by too soon imagining themselves well, have lost their lives, or contracted another disease of an obstinate nature. As the body after a fever is weak and delicate, it is necessary to guard against catching cold. Moderate exercise in the open air will be of use, but great fatigue is by all means to

be avoided : agreeable company will also have a good effect. The diet must be light, but nourishing. It should be taken frequently, but in small quantities. It is dangerous, at such a time, to eat as much as the stomach may crave.

### *Inflammatory Fever.*

This fever most frequently attacks the young in the vigour of their life—such as are of a rustic, sanguine, athletic constitution, who indulge themselves in living freely ; though sufficient causes will bring it on, in some degree, in almost any constitution and way of living. It attacks at all seasons, but most frequently in the spring and beginning of summer.

CAUSES.—Heat and cold alternately, or variously applied, fatigue, anger, immoderate use of spirituous liquors, watching, &c. &c.

SYMPTOMS.—It discovers itself by a lassitude, with a dull sensation of the body, debility, alter-

nating chills and heats, tremors, pains throughout the whole body, but more particularly about the shoulders, back, knees and head. These are succeeded by an intense and burning heat, an inextinguishable thirst, inflamed eyes, tumefaction or fulness of the face, sickness and vomiting, inquietude, anxiety, full and strong pulse, dry skin, rough, dry yellow, or dark coloured tongue, covered with a crust; difficult breathing, costiveness, cough, watching, delirium, stupor; and if the fever is not checked, a coma, or constant tendency to sleep, tremors, partial convulsions, as of the hands, &c., hiccough, involuntary discharges of the belly and bladder take place, and close the scene in death.— This is a description of it in its violent degree: in the greatest number of cases, we meet with it far more moderate; a strong pulse, sick stomach, and thirst being the chief symptoms.

**MANAGEMENT.**—The patient should be confined to his bed in a cool, dark, and silent room—the coolness to be regulated by the season. He should abstain from all kinds of meats and strong

drinks; the food should be light and easy to digest. For drink, vinegar and water, barley water, herb teas with apple water, tamarind water or jelly and water, may be given largely.

CURE.—Bathe the feet, apply mustard draughts to them, then give an Emetick No. 1; four hours after this has done operating, give a physick of Pills No. 1; make a strong tea of pleurisy root, balm and spice bush—of this give the patient a wineglassful every hour for twenty-four hours; then give a tea of spice bush alone. It may be necessary to give expectorant powders three times a day. After the fever has gone off, if the patient is much reduced, let him take a teaspoonful of bark in port wine or in water, every three hours, till he has taken an ounce: after which, he may take one or two more at longer intervals: he should use gentle exercise.

### *Nervous Fever.*

Those of relaxed fibres and weak nervous system, are the persons most subject to this fever.

CAUSES.—Excessive evacuations, repeated salivations, immoderate venery, depressions of the mind from grief, watching and night study, humid stagnant air of subterraneous apartments, indigestible food, especially such as is unfit for nutrition, as of cold watery fruits; thin clothing, rainy seasons, soft moist winter, &c.

SYMPTOMS.—This fever approaches with dejection of mind, loss of appetite, oppression, sleeplessness, involuntary groans, repeated sighs, fear, unusual lassitude after motion, and alternate successions of cold and heat.

After some days, a swimming or pain in the head comes on, with sick stomach and vomiting of insipid phlegm, great weakness, moderate heat, insensibility to thirst; frequent, weak, and sometimes intermitting pulse; a moist tongue, sometimes red, and at other times covered with a white or yellowish tough mucus; dry lips, oppression about the breast, and difficult breathing; pale watery or whey-like urine; a dull sense of pains about the breast and head, dozing, delirium, redness and warmth of



the face, whilst the feet are cold; a tendency and disposition to be easily and frequently disturbed by dreams. After these have taken place and continued some time, they are followed by immoderate sweats and wasting laxes, great dulness and slothfulness of the external and internal senses, anxiety and fainting. And now, nature being exhausted by the disorder, the tongue trembles, the extremities from a coolness become cold, the nails turn livid, sight and hearing perish, the delirium turns to a coma, the belly and bladder are involuntarily evacuated, topical convulsions come on; the symptoms increase in the evening. The delirium is only a muttering continually—quite different from the delirium of the former fever: though in this there is generally a great insensibility, and, towards the end, a loss of sight and hearing, yet at times, in the beginning, there is a great and preternatural sensibility to light and noise. Sometimes an eruption like millet seed appears, without any alteration for better or worse.

MANAGEMENT.—The patient should be confined to his bed in an airy darkened room, and kept agree-

ably warm or cool, according to the season: his room, bed and body clothes, face, hands, and feet should be kept clean. His diet should be light though nourishing, and given frequently, rather than in large quantities at once; it should be mild: chicken water and broth, or beef tea, may be given if the patient desires it, and the effect proves it to be useful; but the general stock of food should consist of the various preparations of mild, digestible, nourishing vegetables, sufficiently well known to every housekeeper. These should be suited to the patient's appetite, and changed so as not to pall him with any one. Wine & water may be used from the beginning, though then it may only be given to allay the thirst, and should be made weak: five or six times a day a cup full may be given, even though the patient do not ask for it; but as the strength fails it should be made stronger and stronger, and given in as large quantity as a person in health could take. When the wine has not the effect of increasing the symptoms, and rendering the pulse too quick, it may be safely continued in. Claret is supposed to be the best.

CURE.—A vomit of No. 1 may be given in the beginning, and may be repeated the next day: the bowels should be opened with a dose of Pills No. 1, and after give one pill night and morning, to prevent costiveness: use a tea of pleurisy root for constant drink. Antispasmodick powders should be given three times a day, until the nervous debility is sufficiently restored.

The patient should carefully shun all the causes, and use a generous diet, with regular varied exercise of body and mind, and be sparing of his strength.

### *Putrid Fever.*

Those who are of a relaxed habit and gloomy disposition—those who have been debilitated by living upon bad victuals, by venery, famine, labour, or loss of rest, &c., easily take this fever, which is caused by putrid contagion or noxious air, and with difficulty emerge from it.

**SYMPTOMS.**—An intense consuming though remitting heat, particularly inwards; small, frequent, and unequal pulse, without strength; throbbing of the arteries that run along the neck and temples; great prostration of strength; heaviness without sleep, and when sleep does take place, little or no refreshment is gained from it; an anxious, dejected, and desponding mind; nausea, and vomiting of black bile, pain of the head and temples, redness of the eyes, and pain about their sockets; dusky countenance, noise in the ears, interrupted breathing, with sighs and fœtid breath; pains about the stomach, joints, and back; difficulty of lying in one posture, trembling, delirium. At first, the tongue is whitish, but quickly changes blackish, whilst the lips, teeth, and gums are beset with a tough, disagreeable mucus; an inextinguishable thirst attends with a bitter, mawkish taste, which is communicated to the drink. The urine, on the increase of the disorder, becomes blackish or red with a sediment; the sweats become fœtid, the stools livid, black or bloody, and very fœtid; and if the fever goes on, a thrush and ulcers

attack the mouth and throat ; blood is discharged from different parts, a hiccough and other partial convulsions come on.

MANAGEMENT.—The patient should have fresh air admitted by keeping the door of his chamber open, if it is not too cold, and by opening his windows, if it is summer time and the weather clear. Saltpetre or vinegar, should be burned upon the hearth in winter, and boughs of trees and flowers thrown about the room in summer.

His hands, face, and feet should be washed daily in vinegar and water, or wine and water ; he should be shaved frequently, and shifted in bed and body clothes as frequently as can be afforded, if it is daily : in fine, the greatest attention should be paid to cleanliness. His food should be mostly of acid vegetables, such as please his appetite and stomach best. His drink should be port wine diluted ; this he should drink more and more of, as he becomes more debilitated, so as to make it his drink and medicine : this he should con-

tinue in for some time after he has recovered, though in smaller doses. A fresh airing every day, after recovery, will be highly useful.

CURE.—A vomit of No. 2 should be given as quickly as possible; this should be followed by a dose of pills No. 1. A tea of ague weed, vervain, and lemon balm should be used for constant drink. The belly should be fomented with wormwood, smart weed, and tausey: two pills, night and morning, should be used to keep the bowels regular.— Sometimes spots break out in this fever—then it has been termed the spotted fever; at other times, there is a yellowness of the skin—then it is termed the yellow fever: in this last case, the symptoms of putridity in this country are more lenient, and a considerable vomiting sometimes hinders the giving of medicine; in this case, apply a mustard plaster to the breast.

### *Remittent Fever.*

CAUSES.—Exposure to the sun for hours together, or the effects of a cool evening, and other

similar causes after fatigue or summer heat. Thus there is no difference in the real causes of this fever and intermittents, except in the degree and mode of their application.

**SYMPTOMS.**—Alternating cold and heat, followed by a continued heat and a fever : sometimes a delirium comes on at the first attack. The patient is distressed with thirst and vomiting, usually of bile ; pain of the head, back, and joints ; the region of the stomach swells, and becomes painful ; the tongue is white and moist, and the patient is harassed with sleeplessness ; the skin and eyes are of a yellow cast ; the pulse is sometimes a little hard, and seldom full ; the bowels are sometimes bound, sometimes loose.

With these symptoms the fever usually proceeds for two, three, four, five, six, seven, eight, or nine days ; at one of which times, after a little sweat, it remits, and the patient becomes evidently better. After a few hours have elapsed, commonly in the evening, the accession comes on, sometimes with, at other times without a chill, and so goes on as

before : in this manner—that is, by accessions and remissions, the fever goes on till its final period.

After the fever has gone off, a great lightness of the head attends, so that the patient can scarcely walk : rhumatic pains and dropsical swellings sometimes follow.

**MANAGEMENT.**—The patient should be kept cool and airy ; he should have plenty of acid drinks, as lemonade, jelly, tamarind water ; and for food he should have toasted bread moistened with a little tea, baked fruits, rice, barley, &c. : but these, though proper, will seldom have a place, as the patient can scarcely ever contain on his stomach what his little appetite inclines him to take ; but the toast has often been found to stay, when nothing else would.

**CURE.**—Give the patient a vomit of No. 2 ; four hours after, give a dose of pills No. 1 ; then give one pill night and morning, to prevent costiveness. When the fever remits, give Peruvian bark and chamomile flowers in port wine ; of this give two tablespoonfuls every hour, as long as the



accession is absent: in some cases, it will put it off altogether; then the bark should be given in great quantities, until the patient recovers his strength. The patient should be very careful in avoiding the causes of this fever, or he will experience a relapse.

### *Of Intermitting Fevers, or Agues.*

Intermitting fevers afford the best opportunity of observing both the nature of a fever, and also the effects of medicine. No person can be at a loss to distinguish an intermitting fever from any other; and the proper medicine for it is now out for sale.

CAUSES.—Agues are occasioned by effluvia from putrid stagnant water. This is evident from their abounding in rainy seasons, and being most frequent in countries where the soil is marshy. This disease may also be occasioned by eating too much stone fruit, by a poor watery diet, damp houses, evening dews, lying upon

the damp ground, watching, fatigue, depressing passions, and the like. When the inhabitants of a high country remove to a low one, they are generally seized with intermitting fevers; and to such the disease is most apt to prove fatal. In a word, whatever relaxes the solids, diminishes the perspiration, or obstructs the circulation in the capillary or small vessels, disposes the body to agues.

**SYMPTOMS.**—An intermitting fever generally begins with a pain of the head and loins, weariness of the limbs, coldness of the extremities, stretching, yawning, with sometimes great sickness and vomiting; to which succeed shivering and violent shaking. Afterwards the skin becomes moist, and a profuse sweat breaks out, which generally terminates the fit or paroxysm. Sometimes, indeed, the disease comes on suddenly, when the person thinks himself in perfect health; but it is more commonly preceded by listlessness, loss of appetite, and the symptoms mentioned above.

MANAGEMENT.—Between the paroxysms, the patient must be supported with food that is nourishing, but light and easy of digestion, as veal or chicken broths, light puddings, and such like; his drink may be weak punch.

CURE.—Take a puke of No. 2; six hours after, take a dose of pills No. 1; then take the compound ague pills. Three hours before the shake comes on, take three pills; one hour after the first have been taken, take four pills; and two hours after the second dose, take five pills. Continue this way, at the same hours each day, for three days, which will perform a perfect cure.

### *Bilious Fever.*

When a continual, remitting, or unremitting fever is accompanied with a frequent or copious evacuation of bile, either by vomit or stool, the fever is denominated bilious. The bilious fever generally makes its appearance about the end of summer, and ceases towards the approach of

winter. It is most frequent and fatal in warm countries, especially where the soil is marshy, and when great rains are succeeded by sultry heats. Persons who work without doors, or who are exposed to the night air, are most liable to this kind of fever.

**MANAGEMENT.**—In case of a violent looseness, the patient must be supported with chicken broths, and the like. If a bloody flux should accompany this fever, it must be treated in the manner recommended under the article Dysentery. If the bilious fever be attended with nervous, malignant, or putrid symptoms, which is sometimes the case, the patient must be treated in the same manner as directed under these diseases. After this fever, proper care is necessary to prevent a relapse. For this purpose the patient, especially towards the end of autumn, ought to continue the use of the Peruvian bark for some time after he is well : he should likewise abstain from all trashy fruits, new liquors, and every kind of flatulent aliment.

**CURE.**—The patient should bathe his feet in warm water, and apply mustard draughts to them :

then give a vomit No. 2 ; four hours after, give a dose of pills No. 1 ; then make a tea of ague weed, balm, and pleurisy root, equal quantities, and add a small quantity of saffron flowers : of this tea give the patient a wineglassful every hour, for twenty-four hours ; then give a wineglassful three times a day, for two or three days ; give one pill night and morning, to prevent costiveness. This manner of treatment will open the pores, and keep the fluids active, so that health will be restored.

### *Putrid Sore Throat.*

This disorder has for its cause specific contagion, and therefore attacks all ages and constitutions.

SYMPTOMS.—It begins with chills, which are followed by an intense and burning heat ; a swimming & pain of the head ; a troublesome sensation in the throat ; sickness and vomiting ; looseness ; inflamed and watery eyes ; tumid and flushed face ; with a stiffness of the neck, a small, frequent, and

irregular pulse, foetid breath, and a disagreeable taste. Very soon, white spots appear on the glands each side of the palate; and these with the palate appear red, swollen, and glossy. These spots spread and unite, covering almost all of the mouth with thick sloughs, which, falling off, leave ulcers in their places: the redness and tumour are sometimes extended to the internal parts of the nose. The glands about the neck are sometimes swelled to an alarming degree. As the complaint advances, discharges of blood from different parts are frequent; and sometimes a gangrene takes place at the beginning of the windpipe. The patient's voice is hoarse and flat, though his swallowing is not usually much impeded. With these symptoms, it runs on from two to seven or more days, increasing every evening.

MANAGEMENT.—For food, drinks, and general management, the same may be used as directed for the Putrid Fever; only a less degree of cold will be requisite in this.

CURE.—In the first place, give a mild purge of castor oil: this should be continued every other

day, while medicine is necessary. Make use of a snuff several times in a day, made of Indian physick and wild ginger, equal parts ; anoint the throat and nose three times a day with ointment Ne. 1 ; make a wash of golden seal, by scalding it—let it stand till it is blood warm ; wash the mouth three times a day, and let the patient swallow some of the same : a tea of saffron and spice bush should be used for constant drink.

### *Scarlet Fever.*

This complaint cannot possibly be separated from the putrid sore throat, as the affection of the throat, eruption of the skin, and low or putrid fever, which are the chief symptoms, are attendants on both : added to this, the same contagion will affect one person with what is judged to be the putrid sore throat, and another with the scarlet fever ; it is therefore probable that the scarlet fever is only an affection of less

magnitude—sometimes owing to the lenity of the general contagion, and then causing scarlet fever, and at other times owing to the diversity of constitutions attacked. Hence, for the cure, &c. I refer to what I have said on the Putrid Sore Throat.

### *Asthma.*

By this I do not mean every difficulty of breathing, but only that which returns periodically, depending upon a certain peculiar constitution of the lungs.

SYMPTOMS.—It often begins with a tightness across the breast, flatulency, and impediment in respiration, which continues until the patient can scarcely get sufficient breath to live. Sometimes a large quantity of frothy spit is discharged—at other times, little or none. Whenever any phlegm is discharged, which the patient generally makes many attempts to do, it is attended with relief.



MANAGEMENT.—The patient should use light food, such as will not produce flatulency; his drink should be of the cooling kind. He should be in a place where there is a free admission of air, yet not exposed to cold.

CURE.—A vomit of No. 1 should be given in the beginning; after which, give expectorant powders three times a day. Make use of a tea made of bitter sweet and burdock root for constant drink. New milk (not strained) and good wine, equal parts, a wineglassful every morning, has had a good effect.

### *The Piles.*

CAUSES.—The following are found to be the usual causes, viz: much walking or riding, costiveness, long continuance in an erect posture, strong purges, suppressed natural or artificial evacuations, falling down of the gut, drinking large quantities of watery liquors, grief, ob-

structions of the liver, pregnancy, high living, &c.

**SYMPTOMS.**—The symptoms of this disease, not being always alike, have made some variety and distinction of it. Thus there are the blind piles, when the tumor is not visible; the common piles, when the tumors appear without bleeding; and the bleeding piles, when they discharge blood. However, there are general symptoms which are common to all; as a pain and swimming in the head, stupor, sick stomach, with pains in the bowels and back, which frequently precede, and in some cases a fever also: a sense of fulness and itching are the local symptoms; these are soon relieved in the bleeding piles, when that takes place, and frequently the establishment of the tumor is attended with an alleviation of the symptoms. Sometimes blood only comes away with the stools; but at other times a considerable, constant discharge alarms the patient. This affection is apt to return at stated intervals, and to increase.

**MANAGEMENT.**—All the causes, as far as possible, are to be avoided, and temperance strictly to

be observed by the plethoric: light vegetable food and cool acid drinks are proper during the affection. Much attention should be given to regularity, and especially in keeping the bowels in a proper state. In lean patients, a flannel shirt is often necessary.

CURE.—Apply a strengthening plaster to the small of the back; make a tea of crow-foot—of this take a wineglassful once a day. Mix Castile soap and ointment No. 1—of this take a pill, the size of a cherry, once a day. If the tumor should appear externally, apply ointment No. 1 three times a day.

### *Pleurisy.*

The true pleurisy is an inflammation of that membrane called the pleura, which lines the inside of the breast. It is distinguished into the moist and dry: in the former, the patient spits freely; but, in the latter, little or none at all. There is likewise a species of this disease which is called the spurious or bastard pleurisy, in which the pain is

more external, and chiefly affects the muscles between the ribs. The pleurisy prevails among labouring people, especially such as work without doors, and are of a sanguine constitution.

CAUSES.—The pleurisy may be occasioned by whatever obstructs the perspiration; as cold northerly winds, drinking cold liquors when the body is hot, sleeping without doors on the damp ground, wet clothes; &c. &c.

SYMPTOMS.—This, like most other fevers, generally begins with chilness and shivering, which are followed by heat, thirst, and restlessness. To these succeeds a violent pricking pain in one of the sides, among the ribs. Sometimes the pain extends towards the back bone, sometimes towards the fore part of the breast, and at other times towards the shoulder-blade. The pain is generally the most violent when the patient draws in his breath. The pulse in this disease is commonly quick and hard, the urine high-coloured, and, if blood be let, it is covered with a tough crust, or buffy coat. The

patient's spittle is at first thin, but afterwards it becomes streaked with blood.

MANAGEMENT.—The patient's diet must be light and easy to digest.

CURE.—Bathe the feet, and apply mustard draughts to them; then give a vomit of No. 1; four hours after, give a dose of pills No. 1; then give expectorant powders every three hours—continue them as long as the stomach can bear them; apply a blister to the side; make a tea of sycamore bark, white beech bark, and pleurisy root, for constant drink.

### *Bastard Pleurisy.*

That species of pleurisy, which is called the bastard or spurious, generally goes off by keeping warm for a few days, and drinking plenty of the tea recommended for Pleurisy.

SYMPTOMS.—It is known by a dry cough, a quick pulse, and a difficulty of lying on the af-

feeted side ; which last does not always happen in the true pleurisy.

*Immoderate Flowing of the Menses.*

CAUSES.—High living, excess in drink and venery, shocks from falls, dancing, passions, neglecting abstinence in time of menstruating, inflammatory fevers, other evacuations checked, costiveness, cold applied to the feet, frequent miscarriages, difficult labours, neglecting to nurse, living too warm, drinking much tea or coffee, purging, &c. &c.

SYMPTOMS.—An immoderate flowing is usually preceded by head-ache, giddiness, and difficult breathing: a shuddering immediately precedes the discharge—with this, also, a pain in the back and feverishness frequently attend. After a large discharge, a general debility ensues; the pulse becomes weak, the stomach sick, respiration difficult upon the least motion, the feet cold and

swoln, especially towards evening, when a fever takes place of the hectic kind. Palpitations, fainting, and fearfulness are not uncommon symptoms : the Whites frequently follow.

MANAGEMENT.—The causes of this complaint discover to us that it may take place in two states of the system—one when it is overloaded or plethoric, the other when it is debilitated ; each of which requires separate management. In the former case, cold, abstinence, and cool drinks should be used, with vegetable diet in the intervals ; in the latter, good nourishing food, port wine, and exercise are to be used. In all cases, the causes are to be removed ; motion, in time of flowing, is to be strictly avoided.

CURE.—In the intervals, the management prescribed will be sufficient. In the period, the patient should be kept cool. A tea made of yarrow, and used cold for drink, will regulate the flowing of the menses.

*The Whites.*

**SYMPTOMS.**—A discharge of whitish mucus flows instead of the menses, or after them, and continues longer and longer until it becomes pretty constant.

**MANAGEMENT.**—As, when this case takes place, debility is generally present, a nourishing diet may be used, with port wine and water, (more or less, in proportion to the debility,) and gentle, regular exercise.

**CURE.**—Use a tea made of quassia—one wine-glassful three times a day.

*Obstructed Menses.*

**CAUSES.**—Cold is one of the most common causes, either when applied to the body during menstruation, or when it has, at a preceding time, brought on a complaint called a cold; diseases of much pain or action in other parts,



debility, excessive evacuations, and low passions of the mind, are also causes. As the disorder is so well marked, I need not mention the symptoms that ensue in those who have once had the menses, but shall confine myself to the symptoms that take place in girls who have never had them, although they have passed over the proper time. This is called, properly, a retention of the menses.

The patient, after the age of thirteen, (but how long after is uncertain,) is affected with a loss of appetite, sluggishness, lassitude, and debility; the countenance becomes pale or swarthy, and the body universally flaccid; the legs swell, especially at night, and the belly sometimes swells also; whilst pains affect the head, back, and other parts: respiration is generally laborious.

CURE.—Make use of expectorant powders three times a day; make a tea of rue, tansey, and smart weed, for constant drink, used warm; grate horse-radish, and put it in port wine—take

of this one wineglassful every morning. It is sometimes necessary to use a tea made of bitter sweet and burdock, for the first two weeks.

### *Inflammation of the Eye.*

CAUSES.—These act either externally or internally, though frequently both take place in producing the affection. The externals are, violence, dust, cold winds, changes from heat to cold; viewing minute objects or bright bodies; metallic fumes; great heat, especially when accompanied with moisture; night reading, &c. The internal causes are, checked excretions, as the menses, &c.; repulsion of some eruptive disorders; long continued ulcers dried up; immoderate use of spirituous liquors and spices; fevers, measles, scrofula, venereal disease, &c. &c.

SYMPTOMS.—Redness, swelling, stiffness and pain of the ball of the eye, or the lids—both, from an inflammation of the vessels that pass over and through them, being filled with too much blood,

or with red blood, instead of the fine white parts of it. When the inflammation is considerable, a fever attends; and in such cases there is a danger of the effects, unless speedily prevented by curing the disease.

CURE.—The patient should take one pill No. 1 every night: take French brandy, one gill, fresh water, a half pint, lobelia inflata herb, one gill—mix the three together, and bathe the eyes three times in the day.

### *Inflammation of the Brain.*

This is either a symptomatic disorder, as when it follows in the course of a primary affection; or it is original, being primary itself: of this alone I shall treat, that requiring the treatment of the concomitant disorder.

It usually attacks, in the heat of summer, those of an irascible temper, who are in their youth and given to study.

CAUSES.—Drunkenness, watching, long exposure to the sun, anger, excessive cogitation, grief, care, vehement desires, external violence, certain poisons, and suppressions of particular discharges, as the piles, the discharge after parturition.

SYMPTOMS.—It begins with rigors, which are followed by heat, pain and throbbing of the head, disturbed sleep, noise within the head and ears, inflammation and pain in the eyes, with inability to bear the light and noise, and a bloated countenance; the pulse is low, oppressed, and quick—often weak as well as low, though sometimes it is hard; the patient continues without any sleep for a long time—sometimes till the eighth day; the arteries along the neck perceptibly throb, and blood sometimes issues by drops from the nose; great debility, anxiety, and sighing attend, yet the patient is subject to anger, fierce delirium, startings and convulsions. When the disorder has ceased, a swimming and heaviness of the head, weak eyes, and great delicacy of hearing, attend for a considerable time.

**MANAGEMENT.**—The patient should be confined in an airy, darkened, silent, and cool room; his bed should be hard, and his head somewhat raised upon it; he should have plenty of acid, cool drinks, without any mixture of spirit; his food should be light and easy to digest.

**CURE.**—The patient should be bled pretty freely, and this may be repeated again and again, in less quantities, during the first forty-eight hours, provided the symptoms demand it, and the patient be able to bear it. The pulse will usually be the best guide; for, if this does not sink very low, there will be no danger from bleeding.

A dose of pills No. 1 should be given after the first bleeding, and it may be necessary to repeat this the next day. Apply a blister to the back of the neck and to the ankles: draughts of mustard, applied to the feet, are sometimes of great service. A nourishing diet and the use of wine should be gradually entered into, after the symptoms of danger are perfectly gone, in order to prevent the succeeding symptoms of debility. Great

care will be necessary to avoid the causes of this disorder, as slighter ones may cause a relapse.

### *Quinsy.*

CAUSES.—The application of cold to the neck or throat; a stream of cool air applied with force to the very part, as in riling and running; (these causes produce their effect more certainly when preceded by heat;) exercising the parts that suffer, as in singing and loud speaking; suppressed evacuations, or artificial evacuations, that have been long used, neglected.

SYMPTOMS.—This complaint usually appears with redness and swelling of the glands situated on each side of the palate: one is usually most swelled in the beginning, and, as this declines, the other increases; a pain that shoots towards the ear attends, with feverish symptoms, and a strong, full, quick pulse; the patient feels a disagreeable clamminess, and the tumour is usu-

ally tipped with whitish mucus. In some cases, the external parts are much swelled; sometimes scarcely any tumour is to be perceived by looking into the mouth, and at the same time the difficulty of swallowing, and pain, may be very considerable: in the worst cases, the breathing becomes very difficult, the tumours closing up the passage almost entirely; then the patient sits with his mouth open, his drink regurgitates through his nostrils, and he is ready to strangle every minute for want of a free respiration, which is totally impeded when the patient dies.

MANAGEMENT.—The patient should be kept neither hot nor cold; he should have a light vegetable diet, of a fluid preparation; his drink should be of the acid kind, and not cold or warm, but just aired. His head should be kept up in bed, or he may sit up altogether. Speaking, and every exertion of the throat, should be avoided.

CURE.—Warm water and vinegar should be inspired from a proper machine for the purpose, or

from a funnel put over a wooden bowl of water and vinegar; the mouth should be frequently gargled with a tea made of golden-rod; a blister should be applied under the throat, of a slim firm, so that it may reach from ear to ear; the bowels should be regularly kept open with castor oil: make use of balm tea for constant drink; this may be the first medicine. If the patient is liable to frequent returns of this affection, I would advise him to wash his neck daily with cold water, and habituate himself to wear nothing but a very thin stock or ribband, instead of a large neckcloth.

### *Croup, or Hives.*

CAUSE.—Foregoing disorders, as the measles and the whooping cough; cold moist air from the water. It most frequently happens to such as live in seaport towns, and to children, from the time they are weaned to their twelfth year.

SYMPTOMS.—It sometimes comes on with the symptoms of a common cold only; but the particu-



lar symptoms are a hoarseness, and a ringing sound of the voice—at the same time there is an uneasiness or pain in the throat, and a whizzing noise in breathing, as if the passage was too much straitened for the air; the patient has a cough, that is either dry or accompanied with the discharge of flakes of phlegm, like a membrane; the pulse is quickened, and an uneasy sense of heat attends. By looking into the throat, a redness and flakes of phlegm, like those discharged, may sometimes be perceived. It has happened that the patient has been taken off, with scarcely any complaining, in three, four, or five days.

CURE.—The patient should take a puke as quickly as possible, of No. 1: the puke must be regulated according to the age of the patient.—Onions should be roasted, and applied to the pit of the stomach; the breast should be oiled over with hen or goose oil; the feet should be bathed, and draughts applied to them: a dose of castor oil would also be beneficial.

*The Mumps.*

CONTAGION is the cause of this complaint.

SYMPTOMS.—It makes its appearance with the usual febrile symptoms, of chills succeeding heat, and quickened pulse: these are shortly followed by a swelling at the corner of the lower jaw, of a moveable glandular nature; in a little time, it diffuses itself over the whole neck—sometimes both sides are affected. It continues increasing till about the fourth day, and then declines with the fever. As the swelling recedes, some tumour is apt to take place in the testes of males, and in the breasts of women. Sometimes, when this has not taken place, or when it has been repelled by imprudent applications, the fever has continued, or increased with delirium.

MANAGEMENT.—The patient should be kept upon a low vegetable diet, and not expose himself to cold. The above, in general, will be sufficient; but, when the circumstance mentioned takes place,

it will be necessary to direct something more than the above for a

CURE.—We should apply warm stewed bitter herbs, or warm bread and milk poultices, to the parts: the patient should take a puke of No. 1. Besides this or these, it may be necessary to apply a blister to the back of the neck: in slighter cases, the puke and fomentations will be sufficient. In all cases, costiveness should be prevented by castor oil. Bitter sweet ointment No. 1 is also good, applied to the part affected.

### *Spasmodick Stitch of the Side.*

This complaint is prevalent when the changes of weather are frequent, as in the spring or fall. It usually attacks the young—those under forty years—those who are of a delicate, effeminate constitution, rather than those of a broken state of health. Exposure to cold, more especially after heat, and damp cloudy weather, are the causes.

**SYMPTOMS.**—It begins with a lancinating pain, most frequently about the ribs of one side; this remits awhile, and then returns again, so as almost to make the patient scream out. After awhile it becomes fixed, and does not abate, though it is apt to extend, and even to change its place, so that the muscles of the breast are frequently attacked, and there are pains in other parts that point out a rheumatic affection: with the above a fever, sometimes pretty smart, at other times less, attends. Frequently a cough attends, which is apt to increase towards the end of the other symptoms; at which time it is accompanied with spitting of yellow, tough mucus: some degree of costiveness usually attends, and most of the symptoms are worse at night. The breathing is not in general affected so much as in pleurisy: the head is usually much affected with pain.

**MANAGEMENT.**—The patient should be kept on a vegetable, moderate diet.

**CURE.**—If the patient be pretty full of blood, and his pulse tolerably strong, it will then be prudent

and useful to take away half a pint or more of blood. A blister should be laid over the part affected, and a dose of pills No. 1 should be given to open his bowels: if the pain continues, some proper sweating medicine should be given, such as balm, pleurisy root, or ague weed. For the cough, take one of the expectorants three times in the day, in a tablespoonful of cold water; this should be continued until the cough is cured.

*Inflammation of the Intestines.*

**CAUSES.**—Besides most of the causes of the preceding disease, may be added, cold applied to the belly, long and violent cholic, and hernia, commonly termed a rupture.

**SYMPTOMS.**—A fixed pain, sometimes spreading over the belly, at other times fixed about the navel; fever, costiveness, and vomiting.

**MANAGEMENT.**—The patient should have light liquid preparations of vegetables for food, and

his drink should be jelly and water, or apple-water, or molasses and water with a little vinegar: these, or any of them, may be taken plentifully.

CURE.—He should be bled as quickly as possible; the quantity should be pretty large, proportioning it to the habit of the patient: this may be repeated in eight hours, if the symptoms demand it, and the pulse allow it. After the first bleeding a blister should be applied over the pain, and a clyster of the tea made of slippery elm, smart weed, and ague wood, equal parts, injected: this may be repeated every three or four hours, if the inflammation should suppurate and discharge matter downwards. Nothing should be used but the mildest, nourishing spoon-diet of broths, &c.

### *Acute Inflammation of the Liver.*

CAUSES.—External violence, from bruises and contusions, especially such as have occasioned a

fracture of the skull at the same time ; violent passions, excessive summer heats, too much exercise, cold applied externally or internally.

SYMPTOMS.—A pulgent pain of the right side, shooting up to the shoulder ; a cough, for the most part dry ; tension of the right side over the liver ; hard, dry gums ; vomiting, weakness, difficulty of breathing, watching, costiveness, hiccough, and a hard, full, quickened pulse. Sometimes there is a difficulty of lying on the left side : sometimes the eyes, tongue, and urine are tinged with bile.

MANAGEMENT.—The causes should be attended to, and removed as far as possible. Light vegetable food and acid drinks should compose the patient's diet. He should be kept cool and still.

CURE.—The patient should take a dose of pills No. 1 ; the next day he may take a purge of No. 1. A strengthening plaster should be applied over the pained part : the patient should take expectorant powders three times in the day

for three or four weeks; and make use of a tea of vervain, pipsisway, and liverwort, for constant drink. After the patient has recovered in some measure from his disease, he may make use of rattle-root in tea.

### *Obstruction of the Liver.*

CAUSES.—Intermitting and remitting fevers, exposure to frequent colds, sitting up of nights, &c.

SYMPTOMS.—A dull, heavy sensation and tension of the right side, little or no fever, difficulty of lying upon the left side, yellow eyes, and costiveness.

MANAGEMENT.—Avoid or remove the causes: live upon a simple vegetable diet, and watery drinks.

CURE.—The patient should take a dose of pills No. 1; the next day he may take a puke of No. 2, which may be continued, at the distance of three days, for several times. He



should take expectorant powders four times in the day, and continue them for three weeks; the side should be frequently fomented with a warm decoction of bitter herbs, as mallows, horehound, wormwood, &c.; and a tea made of ague-weed, vervain, pipsisway, and liverwort, should be used for constant drink. After the patient has somewhat recovered from his disease, he may use a tea made of rattle-root for two or three weeks.

### *Inflammation of the Kidneys.*

CAUSES.—External contusions; violent, long-continued riding; strains of the back; Spanish flies, taken inwardly or applied outwardly on a blister; stones, that have formed in the cavities of the kidney, passing out.

SYMPTOMS.—Fever; pain about the part, which may be distinguished from rheumatism, by the former not being much increased by motion; a retraction of the testicle on the same side; a numbness of the thigh and leg on the same side;

vomiting, cholic pains, costiveness, redness of the urine, and small discharges of it at a time.

MANAGEMENT.—Avoid or remove the causes: live upon a simple vegetable diet, and watery drinks.

CURE.—The side should be frequently fomented with a warm decoction of bitter herbs, as mallows, horehound, wormwood, &c.; a pill No. 1 should be taken night and morning, to prevent costiveness; a tea made of agrimony and gravel-root should be used for constant drink.

### *Acute Rheumatism.*

This attacks at all seasons, but rarely at any other time than the spring and fall, when the vicissitudes of the weather are great.

CAUSES.—Cold applied to the body, when unusually warm, or cold applied partially to the body.

**SYMPTOMS.**—A pain affects some of the joints, and sometimes the muscles, so as to extend from one joint to another. Sometimes almost every joint in the body is affected, and then the complaint comes on with chill and fever, with a strong pulse, for the most part full. In some cases, the fever precedes the pains; at other times, it is the contrary: the joints affected become red and swelled; the fever and pains usually increase at night. If the general affection continues long, the patient's senses become somewhat impaired for awhile.

**MANAGEMENT.**—The patient should be kept cool, except when under the operation of sweating medicine—then he should lie between blankets; he should be kept from all but light vegetable food, and cool acid or warm herb drinks, which may be given plentifully; and, when the complaint has gone off, he should wear flannels till warm weather returns.

**CURE.**—The patient should be sweated with a tea made of hemlock leaves and pleurisy root: he

should also take a dose of pills No. 1. Rub the pained parts with the liniment for Rheumatism.

### *Chronic Rheumatism.*

The former disease is apt to terminate in this, especially when the patient is advanced in years,—Cold is the common cause of it.

**SYMPTOMS.**—A pain in some of the joints, or about the junction of the bones, with a stiffness of the part. No redness or swelling, like that from inflammation, affects the part; although, after a long continuance, an enlargement of the joints is apt to take place. Little or no fever attends here: heat lessens the pain, and cold increases it—quite contrary to what takes place in the preceding complaint. When the pains fix about the small of the back, the affection is termed a lumbago; when about the hip, (in which case the patient becomes somewhat lame,) a sciatica.

**MANAGEMENT.**—The part affected, if possible, should be constantly wrapped in flannel.

CURE.—The patient should take the tincture for Rheumatism three times in the day, and rub the part affected with the liniment for Rheumatism, by the fire.

### *Tooth Ache.*

CAUSES.—A general cold; cold applied to the cheeks in an unusual and sudden manner: besides these, there are certain disposing causes, under which, the usual exposure we are constantly liable to is a sufficient cause; as a nerve being laid bare by the rotting or extraction of a tooth, pregnancy, &c.

CURE.—In the first case, it will be the best way to aim at the removal of the cold, by giving a tea made of hemlock leaves and balm: after this, a small blister applied to the part will be most effectual; or, instead of this, sweating the part with hot herbs, or a hot stone: tincture of hemlock is also good, by putting it in the hollow of the tooth; or red-hot glass put in whiskey, and holding it in the mouth as long as you can bear it.

*The Gout.*

The causes of the gout, for better comprehending them, may be placed under four heads.

1st. The prime causes; which are the use of excessive quantities of high-seasoned animal food, and the liberal use of wine and other spirituous liquors. These are supposed to produce their effect by causing an action in the extreme vessels, (which are employed in nutrition,) in degree and constancy above what they were constructed to bear; so that, as soon as soon as the body ceases to yield, which is at the end of growth, the vessels, from being over-excited, are overcome, and suffer an indirect debility and relaxation.

2nd. The predisposing causes; under which a less degree of the above brings on the complaint, because they aim at the same point: they are indolence, hereditary delicacy of the parts that suffer in the gout, (from a general similarity to the parent,) and that tendency in the animal economy which produces a robust and gross habit. These

causes would, when they had proceeded to a certain extent, bring on the gout ; but it is seldom the case, that it is not helped on by what may be called

*3rd.* The exciting causes ; as venery, debauchery, cold applied to the feet, indigestion, much application of mind, night watching, passions, excessive evacuations, changing of habits, debilitating diseases, bruises or strains of the parts that suffer in gout, the use of acids and acid fruits, &c. All these act by debilitating generally or topically ; and this, being always accompanied with a relaxation, exposes the injured parts to the irritation of the air in an uncommon manner. The irritation of the air brings about

*4th.* The proximate or immediate cause ; which is a superabundant afflux of the nerves, or vital principle, to the parts most debilitated or most exposed (to the common irritations)—usually the extremity of the joints, or ball of the great toe. This afflux of vital principle has two effects:—  
*1st.* As there is no sensation without the presence of this principle, so, in the abundance of

it, the sensation is exquisite. 2nd. As there is no circulation without it, and the circulation is in proportion to it, so, in the abundance of it, the circulation is increased to inflammation, and the tender parts are forced, and filled faster than they can propel the blood: hence congestion, redness and pain of the joints; and, in such parts as are not plentifully furnished with vessels, the muscular fibres are contracted to a spasm.

THE SYMPTOMS OF THE REGULAR GOUT.—A ceasing of the sweat to which the feet have been accustomed; an unusual coldness of the legs and feet; a frequent numbness, alternating with a prickling sensation all along the course of the extremities; frequent cramps of the legs, and a swelling of the veins. Whilst these symptoms take place in the parts mentioned, the whole body is affected with a degree of torpor and languor: the functions of the stomach, in particular, are more or less disturbed; the appetite is diminished, and flatulency, with other symptoms of indigestion, felt. These symptoms take place for some days



before the fit of the gout comes on, but often, on the day preceding the fit, the appetite becomes greater than usual. The fit usually begins about three o'clock in the morning, with pain affecting one foot—most commonly at the ball of the great toe, but sometimes in other parts of the foot: with the coming on of the pain there is usually more or less of a cold shivering, which, as the pain increases, gradually gives way to heat and fever, which last as long as the pain does. From the first attack, the pain becomes more violent till the next midnight; after which it gradually remits, and, after continuing about twenty-four hours, usually ceases, with a sweating and sleep. The next morning after the remission, a swelling and redness are to be perceived in the part affected, which, after continuing some days, gradually abates.

But though the pain ceases at the end of twenty-four hours, it usually returns every evening, with less and less violence and fever, and again abates in the morning: this recurring continues some days, and then goes off entirely, till the third, second,

or next spring following. This is the case in the first attack of the gout; but the returns become more frequent, till at length, after some years, the patient is never clear of it, except a month or so in the summer season. After the gout has continued, the pain does not remain in one joint, but shifts about until it has attacked almost every joint in the body.

After a fit is over, the patient feels himself recruited in body and mind.

As the gout proceeds, the pains become less severe and more continued, and the other affections are more considerable, so that the stomach is very much affected with sickness.

After the first fits of the gout, the joints remain supple; but in the advanced state they become stiff and motionless, with earthy concretions.

In those who have suffered much with the gout, a complaint of the kidneys frequently alternates with the gouty affections.

MANAGEMENT BETWEEN THE FITS.—If it be early in the complaint, or the patient not debili-

tated, gentle continued bodily exercise, and a diet of vegetables and milk, should be used ; but if the patient is already much injured by it, neither of the above will be safe. His exercise should then be gestation, for walking would injure the parts too much, and other exercise would be fatiguing. His diet should be of the most nourishing vegetables, milk, and light meats ; which last may be used more and in proportion to the debility, and, if this be considerable, it will be necessary to use good Madeira, diluted, for drink—otherwise, all spirituous liquors should be abstained from. The causes mentioned should, as much as possible, be avoided, and the patient should keep his bowels regular with a little castor oil.

In general, it will be found useful, after a fit, not to rise soon, but to keep warm in bed most of the morning, and to go to bed early.

**TREATMENT IN THE FIT.**—Rub the part affected well with the liniment for Rheumatism : this should be continued in or out of the fit. The pa-

tient should take one wineglassful of the tincture for Rheumatism three times in the day.

### *Gout of the Stomach.*

In such patients as have brought the gout on themselves, this peculiarity seldom happens till late in the disorder, when the system is generally debilitated, and there is little disposition to inflammation. In such a state, the stomach is usually much debilitated, and liable to be acted upon by a slighter cause than would bring on an affection of a joint. From the above circumstances of debility, general and topical, as well as from the stomach being defended from the application of the common air, (which produces the re-action, on inflammation in the regular gout,) it happens that the gout of the stomach is a very different affection from the regular gout—being a case of deficient and irregular action of the part, instead of an inflammation and excessive action, as in the regular gout.

**SYMPTOMS.**—Loss of appetite, indigestion, flatulency, nausea and vomiting, acid eructations, pains and cramps in different parts, which yield upon the discharge of wind ; costiveness, though sometimes looseness ; cholic pains and hypochondriac symptoms, which consist in a great attention to the slightest symptoms, and an apprehension of danger ; an absence of inflammatory affections of the joints, and of fever

**MANAGEMENT.**—The patient's food should be a mixture of animal and vegetable, of the most nutritive and digestible kind, taken rather at many times than in large quantities. Wine and water, or spirit and water, should be his drink. It will be of great advantage to keep close to the bed, except when the patient is able, and the weather good ; then he should ride in a carriage daily.

**CURE.**—The patient should make use of the strengthening bitters three times in the day, for some time. Sometimes a puke of No. 2, in the commencement, is of great use. Costiveness should be removed by small doses of castor oil

*The Small Pox.*

The small pox is of two kinds--the distinct and the confluent. As they demand a very different treatment, I shall not confound them, but treat of them separately.

*The Distinct Small Pox.*

The CAUSE of this is a specific contagion.

SYMPTOMS.—About eight days after inoculation, and probably the same time after taking it the natural way, a fever appears, of the continued inflammatory kind: after this has continued about three days, a distinct eruption of small pimples, like flea-bites, appears on the face; these increase and extend, so that, about the end of the fifth day, the eruption is completed and extended to the extremities. From the first eruption, the fever usually declines, and, at the finishing of the eruption, it ceases. During the fever, children

are frequently affected with starting, and, if kept warm, with fits. About the eighth day after the eruption, these pimples have increased to spheroidal pustules, filled with matter, with a red margin around each. Before the pustules are quite filled, a swelling of the face takes place, which subsides as soon as the pustules are filled: a swelling of the wrists and feet succeeds the above, just in the progression of the eruption. During this period, a sore throat is common. After the pustules are fully ripe and yellow, they then either pour out the matter, from a small rupture at their top, or the matter is usually the case with those on the face; the latter with those on the arms and thighs. In this way they decline till they are perfectly dried up, which takes place from eight to sixteen days from the time they begin to decline, according to the size and number of the pustules: pits are frequently left behind.

MANAGEMENT.—The patient should be kept cool, both by going into the air and thinning his

clothing: however, the custom of exposing to bad weather, extreme cold, and pulling off from children the flannels which they have been long used to, has occasioned the worst consequences; a medium, therefore, is to be observed. Those who are in a good state of health should live chiefly on vegetables; what meat they do use should by all means be fresh: but those who are weakly should not alter their food, so as to weaken themselves, but only choose such as they always should, viz. digestible, mild food. This should be the management until the fever commences, when they should use nothing but light spoon food, such as gruel, panada, custard, jelly, &c. Spirituous drinks should be altogether avoided; at the time of the fever, such drinks as the following may be taken, more or less, in proportion to the height of the fever, viz. lemonade; cream of tartar dissolved in water, and sweetened; jelly and water; apple tea, made by pouring boiling water on undressed, red-streaked apples sliced very thin: the drink to be sweetened.



These drinks and vegetable food, with the directions for keeping the patient cool, may be observed until the number of pocks and favour of the disease be determined, after which they may be gradually relinquished—the exposure first, and then these, and the proper habits returned to. The first week in May is probably the best time for inoculation, in the States of Pennsylvania, Delaware, and Maryland; farther southward April; farther northward, the latter end of May.

Cure.—To those who are pretty hearty, or of a full habit, between the time of inoculation and fever, two doses of glauher salts, or cream of tartar, sufficient to procure four or five stools, and not more, may be given; but to those who are lean or weakly, no purgatives should be given, only costiveness should be removed by taking a pill of No. 1, night and morning. If, at the commencement of the fever, the patient feels much oppression at the stomach, uneasiness and giddiness, it will be proper to administer an emetic of No. 1; at the same time he should have fresh

air. If the eruption appear numerous, and the pulse be usually strong, a dose of salts will be of use, as it will bring many of the pimples to nothing. After this, nothing more will be necessary, but to keep the bowels regular with small doses of any mild medicine.

### *The Confluent Small Pox.*

**SYMPTOMS.**—In this the fever is more violent than in the former, the pulse being quicker and more contracted: a disposition to coma, or a deep drowsiness, is almost always present with the incipient fever, and a delirium is a frequent symptom. Infants are frequently attacked with fits in the first days; vomiting is here a common symptom. Early in the third day, the pimples break out in clusters, and these are frequently preceded or accompanied with a redness of the skin, like St. Anthony's fire. When the eruption is completed, it is found to be much more numerous in the face than on the body: the

pocks are less eminent. At the end of the eruption, the fever does not go off, but only remits, to increase with more violence when the pocks have acquired their summit: this is called the secondary fever. The pimples soon turn to vesicles filled with whitish or brown water, instead of yellow matter, as in the distinct: the pocks are very irregular, and run into one another in many places, so as to form one large flat pock, covering almost the whole face; wherever there is any space between them, it is not florid, but pale and shrivelled. The swelling of the face, that sometimes attends the distinct, is here always present at an earlier period, and rises to a greater height: the discharge of saliva is generally great about the same time; both subside about the tenth or eleventh day, counting from the attack of the incipient fever. With infants a lax is common, instead of salivation. The pocks over the body, though distinct, are generally flat, and, upon the whole, there is a great tendency to putrefaction.

The MANAGEMENT of this should be much the same as that directed for the Distinct Small Pox, except that, towards the latter end, when the patient grows weak, and symptoms of putridity prevail, he should have for drink sixty drops of elixir of vitriol, to one pint of spirits and water, or wine and water, and a moderate degree of warmth should be kept up. Great attention should be given to keep the room clean and sweet, as directed for the Putrid Fever.

CURE.—When the symptoms appear as laid down, with considerable fever, give two grains of ipecacuana in apple-tea, or common drink of any kind, every hour. From the fifth day onward, till the eruption be completed, give twenty drops of laudanum, every night and morning, taking care to remove the costiveness it occasions, by giving cream of tartar or castor oil daily, if necessary,

When the secondary fever comes on, the same treatment with ipecacuana and laudanum should be used, until the symptoms of putrefaction and

weak pulse take place, then all should be dropped for bark and port wine, which may be given every hour, so that the patient may take a pint of wine and one ounce of bark, from morning till bed-time. From the eighth day till the eleventh, when the fever is violent, blisters should be laid on successively, without any respect to the pocks; the wrists, thighs, back of the neck, and breast, are proper places: when the swelling in the throat threatens suffocation, a blister should be applied over the throat, and the throat gargled with a mixture of one drachm of elixir of vitriol, half a pint of sage tea, and a little honey; or, instead of this, with vinegar and water.

If the fits, that usually attack children, happen but once or twice, nothing need be done but to keep them cool: but, if they are frequent, they are likely to destroy the patient; then a teaspoonful of the tincture of lobelia inflata should be given, and continued as often as there are fits.

The bark, with the vitriol and water, should be continued for a considerable time after the disease, to strengthen the system, though it should be used in a less quantity.

### *The Chicken Pox.*

This disorder appears to arise from a specific contagion in the air : like the small pox, it never returns.

**SYMPTOMS.**—The patient is generally, for one or two nights, or nights and days, affected with fever, which is almost always slight : at no certain period, though perhaps always before the third day, the poeks appear on the face and over the body ; they are never very numerous, though sometimes pretty large. In the course of four days, they are at their summit, when they are about the size of a large blister shot, and much of the same form, filled with yellowish or white water. They sometimes come out successively, instead of a great many at once.

MANAGEMENT.—The patient should be kept cool, especially when in bed: light vegetable food, and cooling acid drinks, should be used.

CURE.—If the fever be worthy attention, the bowels should be opened with a dose of cream of tartar or of salts, every day, till it ceases, and the acid drinks given plentifully.

### *The Measles.*

This disorder arises from specific contagion, and never has been known to attack the same person twice. It usually makes its appearance about January, and again ceases at Midsummer.

SYMPTOMS.—It comes on like a common fever, with a cold stage succeeded by a hot one: a nausea, anxiety, and vomiting, are pretty generally attendants. Sometimes, at the beginning, the fever is sharp and violent; but, before the eruption, it is most generally so, which happens

about the fourth day. With these, a hoarseness, cough, difficult breathing, swelling of the eyelids, acrid discharge from the eyes and nose, with sneezing, take place: generally, a drowsiness attends the beginning. The eruption appears first on the face, in small points like flea-bites, which soon may be observed, by sight or feeling, in clusters, spreading themselves over the whole body: the face appears a little turgid during the first two days of the eruption; after this, the eruption changes its color from a scarlet to a brown, and soon goes off entirely, leaving a scurf. The fever sometimes goes off, when this desquamation takes place, but more commonly continues with the cough for some time after the disorder has gone through its stages; and not unfrequently the cough and difficulty of breathing increase towards the end, so as to mark an inflammation of the lungs. After the desquamation, a lax or sweating usually takes place, and continues for some time.

**MANAGEMENT.**—The patient should avoid



heat; but, on the other hand, should not expose himself so much to the cool air, as in the Small Pox. He should live on a low vegetable diet, and cool acid drinks, such as lemon juice; barley water boiled with prunes is also very good, especially for the cough.

CURE.--The feet should be bathed; and mustard draughts applied to them; then give a puke of No. 1; four hours after, a dose of pills No. 1 should be given; a tea of lemon balm or pennyroyal may be given, to keep the fluids active; expectorant powders should be given three times in the day, for the cough. Great care should be exercised with regard to taking cold, as it is always attended with serious consequences.

### *Vomiting of Blood.*

CAUSES.--Obstructed menses, and other evacuations suppressed; enlargement of the spleen or liver, and violent straining to vomit.

**SYMPTOM.**—Some pain about the stomach, anxiety, and vomiting of black, grumous blood, without coughing.

**MANAGEMENT.**—The patient who is subject to this should live regularly and abstemiously, and endeavor by every means to counteract such causes as admit of assistance, and use proper medicines for the same purpose. In time of a discharge, the patient should retire from all close places, into cool and fresh air.

**CURE.**—Whatever may be the cause, we are to use the same means to stop an excessive discharge. Besides the treatment mentioned before, we may use gentle astringent medicines, as crow foot, yarrow, and witch hazel, made into a strong tea, and given plentifully. When vomiting is the cause, a few drops of laudanum in mint water will put a stop to it.

*Consumption.*

CAUSES.—A hereditary, natural, or acquired debility of the lungs, may be looked upon as the cause of this fatal disorder: under such circumstances, almost any irritation upon those parts will establish the consumption; and it is somewhat doubtful if any cause will do the same without the predisposition.

SYMPTOMS.—Cough, pain about the breast, spitting of nauseous matter at all times of the day, which is sometimes streaked with blood; a fever, which comes on at noon, frequently with shivering, and almost always with coldness, which remits towards the afternoon, to exacerbate or renew its violence at night—continuing with the other affections, and after awhile being followed in its second fit, towards morning, with a copious sweat. The pulse in this fever, which is a hectic, is quick, and most generally weak,

though in its first attack some degree of hardness is to be felt. The fever is always kindled by taking much food at a time. Towards the end of the consumption, a lax takes place, which generally carries off the patient.

MANAGEMENT.--The patient should live upon a light, digestible diet: milk, vegetables, spoon meats, puddings, pies, &c. are proper; these should be taken in small quantities at a time, and used the oftener on that account. The teas and drinks prescribed for fevers are the proper drinks to be used.

Exercise in a carriage, or sailing, is almost indispensably necessary. The country air is so far preferable to the town, that the former will sometimes alone perfect a cure, and the latter resist every means. Cold should be guarded against, and, for this as well as other reasons, a flannel shirt should be worn.

CURE,---The patient should take a puke of No.

1, once a-week, and make use of a tea made of bitter sweet, burdock root, and yarrow, for constant drink, and the syrup No. 2 twice in the day—one tablespoonful, night and morning.

*Erysipelas, or St. Anthony's Fire.*

CAUSES.—A hereditary disposition thereto, or a peculiar delicacy of the membrane that suffers the inflammation; passions of the mind; a sudden cooling of the body after being heated by the sun; spirituous liquors, taken freely; hot drinks or hot baths; checked evacuations, moist air, and perspiration in any way stopped, generally excite the disease in those predisposed.

SYMPTOMS.—It commonly comes on with shivering and succeeding heat, with fever; the pulse is generally quick—sometimes hard and full; a confusion of the head and some degree of delirium frequently attend, but a drowsiness almost always, which sometimes increases to a comatose state. After these symptoms have con-

inued from one to three days, a redness (most commonly on the face) appears, which increases with a swelling, that turns white upon being pressed with the finger. This goes on to increase, though it commonly abates in one part a little, to increase in another: in this manner it sometimes extends all over the head, and swells the eye-lids, so as to produce temporary blindness. It is not an uncommon case for blisters to arise on the swelling, filled with a yellow or whitish serum, which break after awhile, and leave the part underneath blackish, and very ready to turn gangrenous: the skin between these blisters peels off; matter is sometimes discharged from the eye-lids; the inflammation and fever usually continue about ten days, and then go off: when the fever goes on violently, and the inflammation extends, it is apt to produce an apoplexy. These are the symptoms of a perfect disease, but slighter affections are not unfrequent, even with little or no fever.

**MANAGEMENT.**—The patient should be kept cool, in proportion to the greatness of the fever:

acid drinks and vegetable diet should be used throughout.

CURE.—The patient should take a puke of No. 1 ; four hours after, he may take a dose of pills No. 1 ; and, three days after the first dose, he may take one dose of pills more. The patient should use a tea made of burdock root for constant drink : the tincture of lobelia inflata should be used as a wash, externally, to the part affected.

### *The Nettle Rash.*

This generally attacks those of a delicate constitution, especially such as have a fine skin, the excessive irritability of which appears to be a cause of the disease. From the above, it would appear that women and children are the chief subjects of it—which is agreeable to observation.

SYMPTOMS.—It usually comes on in the night, producing great restlessness and itching. In the morning, considerable red eminences are to be

observed on some parts of the body, usually about the upper part of the arms, neck, and breast : their forms are irregular, some being like the stroke of a whip, others like the sting of a bee. It is not unfrequent with them to disappear in the course of the day, and return again at night : the time of continuance is various, as they sometimes continue for a week, and sometimes for a year or more. They have never been known to have any dangerous effect, the itching being all that is disagreeable ; which, at times, is so troublesome as to prevent sleep.

MANAGEMENT....The patient should use exercise, and every proper means to remove such a delicacy of constitution.

CURE....The patient should use a tea made of tag-alder bark, for constant drink ; and the tincture of lobelia inflata, externally, as a wash to the part affected.



*Bleeding at the Nose.*

This complaint requires attention, or it will soon be accompanied with very disagreeable circumstances.

SYMPTOMS.---A head-ache, redness of the eyes, florid countenance, and throbbing of the temporal arteries, usually precede the effusion for awhile, but, immediately before it, a fulness of the face and itching at the nose take place: besides these, frequently, more general symptoms are observable; as costiveness, pale urine, coldness of the feet, and shivering. This is a description which suits the most perfect state of the complaint.

MANAGEMENT.---At the time the bleeding comes on, the patient should be placed in a stream of cold air, and be supported erect; he should avoid talking, or blowing his nose. In the intervals, he should avoid heat, stooping his head, or walking fast, more especially after eating: his exercise

should be gentle and constant. The cold bath may be used daily. He should live upon a vegetable diet chiefly, and use cold water for his constant drink.

CURE.---When the bleeding comes on, it may be suffered to continue till four ounces have been discharged, provided the patient be full of blood, but, if otherwise, it should be stopped immediately, by pouring cold water on his head and the back of his neck, and by drinking cold water; at the same time using dossils of lint, dipped in a strong solution of alum and water, or in any common astringent, and applied up the nose: a piece of sponge is sometimes of service. A weak solution of blæstone has sometimes stopped the bleeding after other things have failed. But, in many cases, neither of the above will answer; then the patient's life is in danger, and the following simple method may be used by any common person, who has the least degree of presence of mind: Take a needleful of silk; wax it, and tie to one end of it a dossil of well-scraped lint, about as large as your

thumb ; get a piece of cat-gut string, several inches long, and grease it a little ; push this cat-gut through the bleeding nostril into the mouth, till you observe it come out near the throat ; lay hold of it with a pair of narrow pincers or forceps, or, in their place, with a dull pair of scissors, and draw it till you have both ends in your hands ; tie a knot in the end that you have drawn through, and to this knot fasten your silk, and draw back the cat-gut till you have drawn the dossil of lint against the orifice of the passage that leads into the throat ; then you need only stop up the nostril with another dossil of lint, which will shut up the passage altogether, and prevent any more blood from coming out. The lint should be kept in for three or four days. The cat-gut is only for the purpose of getting the silk through, which is too limber of itself. In pushing the cat-gut through, you are not to push it upwards, as the nostrils apparently lead, but directly backward, aiming at the upper part of the throat, where it comes

out: the nostrils turn at about half an inch after you have pushed it upwards. By the stated returns of this complaint, and the habit of the patient, as well as by the quantity, you may easily distinguish it from what is termed a passive flowing of blood from the nose. In this complaint, the usual topical applications for the other kind are sufficient; but with this the cold bath may be used, which is an effectual remedy.

### *Spitting of Blood.*

CAUSES.—Besides the predisposition mentioned in the preceding chapter, we may consider, as exciting causes, suppressed evacuations, sudden changes of the air from heavy to lighter, violent efforts, compression in different parts, &c.

SYMPTOMS.—After some general disorder, as flatulency, chills, &c., a fulness is often felt about the chest. From the blood being poured out, an irritation is made, to relieve which the patient hawks or coughs, by which means he discharges a

little frothy, reddish, and somewhat saltish spittle : this sensation often returns again, and the spittle is thrown out, of a deeper red. In this manner the patient usually discharges the blood for some hours or days, when it ceases for that period. But it sometimes happens that the rupture is more considerable, and the pure blood is discharged in such quantities as to excite vomiting : in such a case, the patient's life is in immediate danger. A cough usually follows the bleeding, which returns sometimes every week, and so on at every period between that and a year.

MANAGEMENT.—This should be exactly as described for the preceding disorder, only that the cold bath should not be used, as we have not sufficient experience to recommend it ; and the cold should be here very moderate, as, when it is severe, it determines the blood to the lungs, which is to be avoided.

CURE.—The patient should use a tea made of yarrow : glauber salts should be used to prevent costiveness.

*Of Bloody Urine.*

CAUSES.—The passage of a stone, hard riding, blows on the small of the back, suppression of the piles, acrid medicines, as cantharides, taken internally, or absorbed from a blister or some putrid diseases, as the confluent small pox.

SYMPTOMS.—A quantity of red or coffee-colored, blackish urine is discharged, sometimes with pieces of clotted blood, like a worm; sometimes the blood is diffused through the urine, and remains so; at other times, much pain attends, as when a stone is passing along the ureters—at other times, there is none.

CURE.—The patient should use a tea made of agrimony and smart-weed, for his constant drink, till he is well.

*Cold.*

CAUSE.—Cold applied partially or generally to the body, especially after an increase of heat.

**SYMPTOMS.**—It frequently makes its appearance with a difficulty of breathing through the nostrils, and a sense of fulness and stoppage there; this is followed with a pain in the forehead, stiffness and redness of the eyes, and a discharge from the nose. When the affection is any worse, the patient is subject to chills and feverishness, which are considerable towards evening; a hoarseness, sore throat, flying or fixed pain in different parts, and not unfrequently some difficulty of respiring. The cough in the beginning is usually dry, but, as the other symptoms give way, it becomes moist, more easy, and attended with a discharge of whitish or yellow mucus, which is most frequent: this goes off at different periods, according to the patient's age, state, &c.

**MANAGEMENT.**—The patient should confine himself to the house, in a temperate room, and live upon vegetable diet.

**CURE.**—The patient should take a sweat of lemon balm or hemlock leaves, and a physick of

pills No. 1 : he should also take expectorant powders, to remove the cough.

### *Influenza.*

The cause of this is a specific contagion, proceeding from some very general alteration in the air. There is no doubt of its being communicated from one person to another.

SYMPTOMS.—The most ordinary symptoms are those of the common cold described above, attacking a whole room or neighborhood at once : but that is not its constant form ; for sometimes it puts on the appearance of a pleurisy, with a strong pulse ; at other times, a pain in the side, with a weak pulse ; whilst, in a third case, it has produced all the symptoms of a low nervous fever.

MANAGEMENT.—See management for Cold.

CURE.—The patient should take a puke of No. 1, and the sweat recommended for Cold. The syrup No. 2 should be used three times in the day, in doses of a table spoonful.



*Flux.*

SYMPTOMS.—Sometimes a fever makes the attack ; at other times, the bowels are primarily affected—first with costiveness and flatulency, then with gripes and frequent painful efforts to stool, when nothing of a natural sort is discharged, but slime of a whitish, bloody, or blackish colour, in considerable quantities. In some few instances, a lax has preceded. Whatever is voided in the natural way, is generally in small hard balls. The stomach in general is disordered, and that from the beginning ; but it goes off as the complaint proceeds downwards, which it generally does, till all is fixed in the lower end of the last gut, where it produces that troublesome effort of it, called tenesmus. The feverish symptoms continue a considerable time, remitting and then acceding again. Whenever the disease takes a putrid turn, which it is apt to do, it may be known by the blackness of the discharges, a lowness of the pulse, and general debility.

**MANAGEMENT.**—Great attention should be paid to cleanliness, by removing the chamber furniture, and shifting the bed clothes often. The patient should live upon digestible vegetables, as rice, barley, &c., and milk preparations, as thickened milk, light puddings; chicken water and light broths may be used, if the patient is fond of them.

**CURE.**—To procure regular natural stools, is half the cure; for which purpose, castor oil is to be given every other day, for several times, as the patient may require: after this, if the patient is very sick, ten grains of ipecacuanha may be given; after which, three grains of ipecacuanha may be administered every two hours, so as not to interfere with the oil, as long as the fever lasts. After the use of these medicines for some time, the tincture of hemlock may be given in doses of a teaspoonful, three times in the day, to relieve the pain. When the complaint has a putrid turn, as well as to remove the debility, use a tea made of slippery elm and charcoal, for constant drink. If

the disease leaves a looseness, a tea of crow-foot, or boiled in sweet milk, should be used.

### *Apoplexy.*

This disorder most commonly attacks the aged; such as have large heads, corpulent habits, and indolent dispositions; who have fed high, and used much strong drink. If, in addition to this, they have had a suppression of any evacuation, as the piles, they can scarcely expect to escape an apoplexy.

SYMPTOMS.---Sometimes a head-ache and swimming of the eyes, with other affections of the head, precede; at other times, it suddenly attacks the patient as he reclines his head, or makes some effort, with a loss of internal or external sense, and almost total deprivation of voluntary motion. The patient's face often becomes flushed and sweln, his eyes red, his pulse full and slow, his breathing somewhat difficult, with snoring. The time that

this state lasts is uncertain : sometimes the patient comes to his senses in a few hours, with a vomiting and sweat ; at other times, he lies for days, and frequently never recovers.

MANAGEMENT.---The patient should be laid on a bed, with his head raised as high as it conveniently can be ; his neck-cloth should be stripped off, and he should be placed in a cool room. If the fit continue long, a little water may be poured down his throat, if possible, two or three times a-day : when he is on the recovery, his diet should be as light as possible. There are some cases that may be termed apoplexy, which demand treatment only from the surgeon, as when it depends upon a fracture of the skull.

Cure.---The patient should be bled as freely as his constitution will allow. This may be done at different times, rather than at once. After bleeding, a clyster, of Castile soap dissolved in water, should be given---one drachm of soap to a pint of water. This may be used every six hours, for

several times. If these do not bring him to himself, a large blister should be applied to the back of his neck, and mustard draughts to the soles of his feet. Castor oil may be given, to prevent costiveness. Gentle exercise should soon be used, and increased till the patient is perfectly well. Proper exercise and abstinence are the only securities against a return. When the disorder ends in a palsy, which it sometimes does, the cure directed for Palsy is to be followed.

### *Palsy.*

CAUSES.—Compression of a nerve in its origin or course; certain narcotics, taken internally; exhalations from lead and arsenic in their preparations; excessive venery, old age &c.

SYMPTOMS.—A loss of sensation or ability of motion in the part affected, which is sometimes one half of the patient, as the right side, or from the hips downwards; at other times, only a

small part is affected, as the hand, the arm, the leg.

MANAGEMENT.—This is to be according to the patient's habit. If he is full, a low diet is to be used: if he is low, a stimulating diet and spirituous drinks should be used. The causes are, if possible, to be removed.

CURE.—Electricity should be the first application: the patient should have his face sprinkled with cold water, and his hands, arms, and legs rubbed, in the direction of the circulation—that is, towards the heart. Hartshorn should be applied to the nose and temples, and twenty or thirty drops given internally. As soon as the patient begins to recover, a little good wine should be given him; and, if much debility remains afterwards, it should be removed by the strengthening bitters. Costiveness should be removed, by taking one pill No. 1 every other night.

*Dyspepsy, or Indigestion.*

CAUSES.—The large use of coffee, tea, or any warm watery drinks; of tobacco, ardent spirits, opium, spices, and acids; putrescent food, over-eating, frequent unnecessary vomiting or purging; some disorders, as agues, fluxes, &c; an indolent life, much application of mind, excessive venery, long exposure, without exercise, to cold moist air.

SYMPTOMS.—The great variety of symptoms in this affection, together with the causes, is the reason that no two persons are identically alike affected; but, nevertheless, the general or fundamental symptoms are always alike. These I shall set down: a loss of appetite; distension of the stomach with wind; eructations, after eating especially; heart-burns, sometimes a vomiting, and often a dejected mind.

MANAGEMENT.—Avoid all the causes; use the most digestible meat, in small quantities at a time; avoid all flatulent vegetables; use gentle, con-

stant, and varied exercise, taking care to avoid exposure in cold or damp weather.

CURE.—The patient should use the strengthening bitters three times in the day, before eating—from a half to one wineglassful at a time. For the costiveness, the patient should use the pills No. 1; one pill every night, or every other night.

### *Locked Jaw.*

CAUSES.—Sudden application of cold to the body, when warm and much relaxed; lacerations of the tendons or nerves of the foot, and of some other parts; exposure of the muscles to the air, after the skin has been taken off by a gangrene or otherwise.

SYMPTOMS.—A stiffness of the lower jaw, and pains about the breast and back, generally precede, and increase till the jaw becomes firmly closed, and the muscles of the back, or of the



sore parts, are violently constricted, so as to bend the patient into a bow. After this state has continued for some time, he is seized with convulsions.

MANAGEMENT.—If any substance is lodged in the parts primarily affected, it should be removed immediately. The patient should be kept warm, and fed upon such food as can be got down. In some cases, it would be advisable to draw a lower tooth, to make a passage for the food: wine and water is the most proper drink.

CURE.—The patient should be bathed in ley and warm water, and take one tablespoonful of the tincture of lobelia inflata: if the fit goes off, the tincture may be given, in doses of a half teaspoonful, three times in the day.

### *Epilepsy, or Common Fits.*

CAUSES.—Wounds and bony protuberances of the skull; ossification of the membranes of the

brain; acrimony of the fluids, from contagion, degeneracy, &c.; passions, as anger and fear; strong imagination of disagreeable objects, and the sight of such; congestion of blood in the brain, produced by a plethoric state, by long continued sun-heat on the head, by intoxication, &c.; irritations proceeding from worms; teething; splinters in the flesh; fractured bones; stones in the kidney; the matter of ulcers; poisons, &c.; and, lastly, large evacuations of blood. It will readily appear, that many of the above causes do not produce fits generally; and hence there must be a predisposition in those in whom they will occasion them. A predisposition consists either in a great mobility of the muscular system, or in a relaxed state of the vessels of the brain, which allows of their being easily forced beyond their power, and admitting of congestion.

**SYMPTOMS.**—Sometimes the patient feels indisposed for some time before the attack, with head-ache, giddiness, fulness of the head, slug-

gishness, &c. ; at other times, the fits attack without warning : the patient falls down, and is variously agitated—sometimes one side more than the other ; his tongue is often thrust out of his mouth, and by that means is bit almost or quite through. After continuing some minutes in this state, his convulsions cease, and he lies for some time in a sleepy state, and then returns to himself, not knowing what has passed.

MANAGEMENT.—It will be proper to hold the patient, so as to keep him from hurting himself, and to put a piece of thick leather between his teeth, to keep him from injuring his tongue. It is seldom or never necessary to prescribe any diet for the patient, except in the intervals, when it is to be suited to his state. If fulness is the cause of the fits, or he is of a full habit, a low vegetable diet, with hard exercise, should be used ; but, for a contrary state, a nourishing diet, and constant, gentle exercise, are to be used.

CURE.—The patient should take as much of the powder of meadow-cabbage as will lie on a

sixpence, night and morning, and one table-spoonful of the uncture of lobelia inflata, every time the fit is on the patient. When you have used the meadow-cabbage for two weeks, take of Indian turnip as much as will lie on a twelve and a half cent piece, night and morning, for two weeks more—changing every two weeks, to prevent the power of habit.

### *St. Vitus's Dance.*

This is a convulsive affection, partly under the influence of the will. It affects the patient's leg or arm, or both. It makes him lump along ; and in taking a cup of water, or applying it to his mouth, he usually performs some uncommon gestures, carrying it quickly one way and then another, before he gets it to his mouth. It is apt to terminate in palsy. Children from eight to twelve are the subjects of it.

MANAGEMENT.—The patient should use a low vegetable diet.

CURE.--The patient should use pills No. 1, to remove costiveness: besides this, cold bathing, and a vomit of No. 1. taken two or three times, will be of service. Take as much of the powder of meadow-cabbage as will lie on half an inch of a narrow bladed knife, night and morning. Sometimes electricity is of service.

*Palpitation of the Heart.*

It is not when this is a symptom, but only when it is a primary affection, that it belongs to this head.

CAUSES.--Obstructions in the large blood-vessels, excessive irritation or mobility of the heart, affections of the mind, and excessive evacuations.

MANAGEMENT.--The patient should live on a nourishing diet, if he is weak habitually, or has been weakened by disorder: much motion, sudden starts, straining, and all exposure, should be avoided

**CURE.**—When it is certain that an obstruction in the large vessels is the cause, there can be no cure expected, only palliative, and that by avoiding all excess and extremes.

In the other cases, strengthen the habit with stimulant teas, such as man-root, dog-wood, columbo, black cherry, tansey, worm-wood, and chamomile, used separately, a week about, to prevent the power of habit.

### *Hooping Cough.*

This often begins like a common cold, but proceeds on till the cough becomes more like a convulsion: the patient's breath is so forced out of his lungs, that it returns with a whizzing or hoop: after which, he often pukes, and finds relief. After some time there is a considerable discharge of mucus.

**MANAGEMENT.**—The patient, if full, should live on a low diet for some time. Milk, in its va-

rious preparations, is proper, and should form the chief of the patient's diet. Gentle riding is of service in good weather.

CURE.—Gentle pukes of No. 1 should be given every two or three days, for several times; after which, small doses of Pills No. 1 every morning, to keep the bowels open. After the patient has done taking the pukes, he should take syrup No. 1 three times in the day, before eating. When the cough has continued for some time, and the patient grows weak, he should take anti-spasmodick powders three times in the day.

### *Colick.*

CAUSES.—Costiveness, cold applied to the belly or feet, indigestible food, acrids, &c.

SYMPTOMS.—Pain in the belly, usually about the navel, with costiveness, flatulency, and often vomiting.

CURE.—Take of colick root, made fine, one teaspoonful, and of burdock seeds, made fine,

half a tablespoonful; mix them together, and take them in half a gill of fresh water. After the pain has left the patient, he should take pills No. 1 to keep the bowels open, to prevent a relapse. He should avoid all food that has a tendency to flatulency, or to produce costiveness.

### *Cholera Morbus.*

This violent disorder happens at the end of summer, usually after loading the stomach with acid fruits.

SYMPTOMS.—Nature is compelled to make an effort to free herself from such a burthen; a violent puking and purging are the consequence, which are generally continued by the irritation of bile that is brought into the stomach by vomiting, after the food appears to be removed. The patient should take large doses of chamomile, or balm, or mint tea, to wash out the stomach. If this does not have the desired effect, a blister



should be laid on the breast, and a large bundle of mint, stewed in wine or spirits, laid over and about it.

MANAGEMENT.---The patient should be kept as warm as he can be, so as not to be disagreeable. Great care should be taken to avoid the night air and acid fruits, which rather promote the secretion of bile, than correct it when secreted.

*Lax, or Looseness.*

CAUSES.---Over-eating, bad food or water, large quantities of sweets or acids, poisons, over-purging, bile in the summer time, matter discharged into the intestines, cold applied to the belly or feet, teething, passions of the mind, &c.

MANAGEMENT.---The causes, as far as possible, should be removed: the patient should avoid damp or cold air, by dressing warm, as with flannel next the skin: all food that has a laxative quality should be avoided.

CURE.---Take two or three small doses of pills No. 1; the first dose in the morning, fasting, the second on going to bed, and the third the next morning. After the operation of the pills is over, the patient may use astringents, such as crow-foot boiled in sweet milk, till the cure is performed.

### *Hystericks.*

These likewise belong to the numerous tribe of nervous diseases, which may justly be reckoned the reproach of medicine. Women of delicate habit, whose stomach and intestines are relaxed, and whose nervous system is extremely sensible are most subject to hysteric complaints. In such persons, an hysteric fit, as it is called, may be brought on by an irritation of the nerves of the stomach or intestines, by wind, acrid humour, or the like. A sudden suppression of the menses often gives rise to hysteric fits. They may like-

wise be excited by violent passions or affections of the mind, as fear, grief, anger, or great disappointments. It appears under such various shapes, imitates so many other diseases, and is attended with such a variety of symptoms, that it is difficult to give a just character or definition of it; and it is only by taking the aggregate of its appearances, that a proper idea of it can be conveyed to others.

Sometimes the hysteric fit resembles a swoon, or fainting fit, during which the patient lies as in a sleep, only the breathing is so low as scarcely to be perceived: at other times, the patient is affected with catchings and strong convulsions. The symptoms which precede hysteric fits are likewise various in different persons. Sometimes the fits come on with coldness of the extremities, yawning and stretching, lowness of spirits, oppression, and anxiety: at other times, the approach of the fit is foretold by a feeling, as if there were a ball at the lower part of the belly, which gradually rises towards the stomach,

where it occasions inflation, sickness, and sometimes vomiting; afterwards, it rises into the throat, and occasions a degree of suffocation, to which quick breathing, palpitation of the heart, giddiness of the head, dimness of the sight, loss of hearing, with convulsive motions of the extremities and other parts of the body, succeed. The hysteric paroxysm is often introduced by an immoderate fit of laughter, and sometimes it goes off by crying. Indeed, there is not much difference between the laughing and crying of an hysteric lady.

CURE.--Apply mustard draughts to the soles of the feet and to the wrists. The patient should take one tablespoonful of the tincture of lobelia inflata; this should be taken when the fit is on: given by first opening the teeth. A teaspoonful will stop the fit, if taken before the fit comes on. Antispasmodic powders should be taken, morning and evening, to prevent a relapse: hysteric tincture is also good to assist the powder in preventing a relapse.

*Bite of a Mad Dog.*

**SYMPTOMS.**—The wound festers, and after some time, (scarcely under a week or two,) the patient becomes languid and dejected. He then begins to dread water, and cannot swallow it without great agonies and convulsions of the face : after some time, he cannot bear the sight of it. He dozes, and every now and then starts from his slumber ; and sometimes raves so as to need confinement.

**CURE.**—The wound should be cut out, if it is on a part that admits of it ; if not, let it be filled with gunpowder, and that burned : after which, it should be kept open for a month, by sprinkling it with red precipitate, and dressing it with a salve made of wax, oil, and rosin. The patient should drink plentifully of balm and sarsaparilla tea, to keep the fluids active, so that the sharp humours may pass from the system through the pores, in-

stead of gathering to the wound. The chicken weed is recommended by Dr. Stoney, and I believe it to be a sure remedy.

### *Dropsy.*

CAUSES.—Obstructions of the liver, compression of the blood-vessels from any cause, large evacuations, suppressed natural evacuations, cold and moisture long applied, hard drinking, general debility, particular debility of what is called the lymphatic system, rupture of a lymphatic, &c.

SYMPTOMS.—A suppression of urine, drought, swelling of the belly or the body in general, which usually retains the impression of the finger, towards the end. This disease has had many names applied to it, to shew the different parts of the system which it affects; but, as all originate from the same cause, they require similar treatment.

**CURE.**—The patient should use the expectorant powders, three times in the day; and make use of a tea made of agrimony, iron-weed, and gravel root, for constant drink. Mustard draughts should be kept to the feet as much as possible. Electricity is very beneficial, and, when it can be, it should always be employed.

### *Rickets.*

**SYMPTOMS.**—It makes its appearance generally between the ninth and twenty-fourth month, in the following manner: the child becomes sedate, and grows lean, whilst the head grows somewhat out of form. The teeth come out slowly, turn black, and fall out: in a little time, the child becomes altogether misshapen, some parts growing, whilst others pine away. The stools are liquid; and, after a considerable time, a fever comes on, which continues till it puts an end to the pitiable object: but, when it is not so bad, the child recovers as he grows, till he recovers all but his shape.

MANAGEMENT.—The child should not be kept longer than usual at the breast : he should have a portion of meat for his diet ; much tea should be avoided. He should be carried out every day for exercise, when the weather permits ; and great attention should be paid to keeping him clean.

CURE.—If the weather is not very cold, let the child be dipped every morning in water immediately from the well : give him a teaspoonful of the tincture of Peruvian bark, three times a-day, if he can be prevailed upon to take it.

### *Jaundice.*

CAUSE.—Concretions of the bile stopping up the duct, tumours, spasms of the gut into which the bile is emptied, as in colick and obstructions of the liver.

SYMPTOMS.—An universal yellowness, which begins in the white of the eyes, whitish stools, pains about the right side, and sometimes a swelling at the same place.



CURE....Ague weed, one part, vervain, two parts, lemon balm, two parts, bayberry, one part, and a small quantity of saffron flowers; one or two table spoonful of this compound should be made into a tea daily, for constant drink. After using these four or five days, a physic of pills No. 2 should be taken: a puke of No. 2 should be taken in the first place.

### *Sore Breast.*

This complaint, if properly attended to at first, is generally of but little consequence; but, if neglected, may be very distressing. Cloths, moistened in a strong decoction of bitter sweet or smart weed, applied and properly continued, will commonly afford immediate relief. The breast should be well anointed with the ointment No. 1.

*Biles.*

These are caused by a diseased state of the blood, and are very painful. The blood should be cleansed by a tea of bitter sweet or sarsaparilla. A roasted onion is an excellent application before it breaks, and honey and flour, and salve No. 2, afterwards.

*Bruises and Felis*

Are generally productive of worse consequences than wounds. The danger from them does not appear immediately; by which means, it often happens that they are neglected. It is needless to give any definition of a disease so universally known: we shall therefore proceed to point out the method of treating it.

CURE.—When the bruise is very violent, the patient ought immediately to be bled, and put upon a proper diet: the parts bruised should be bathed with the tincture of hemlock.

*Burns and Scalds*

Can generally be immediately relieved, by bathing the part with the tincture of hemlock; if the skin be off, apply the ointment No. 1, or linseed oil.

*Cancer.*

This disease is at first a small swelling in the gland, or affected part, unaccompanied by pain. The tumour increases gradually in size and hardness, becomes knotty and irregular, and, when the powers of the system begin to fail, it is attended with an excruciating pain, as if pierced with a sharp instrument. The tumour increases until, at length, the skin changes to a purple, and so continues to change, until it becomes very dark, and the part is attended with much pain and a burning heat; when it breaks, and discharges a thin acrimonious matter, which sometimes cuts off blood

vessels. In this case, blood will be discharged with the matter. If it be still neglected, the whole system becomes diseased, with symptoms that attend other diseases.

CURE....The system should be cleansed by a tea of pipsissiway : then apply the cancer salve No. 1, and continue it until it performs a cure.

### *Catarrh.*

This complaint is caused by a cold, that rests on the glands about the head and throat, and consists in a discharge of sharp serum therefrom.

CURE....Make use of a snuff, several times in a day, made of Indian physick and wild ginger, equal parts.

### *Chapped Hands.*

Apply a little tincture of lobelia to the affected part, at bed-time, and continue it until a cure is performed.

*Corns.*

These are caused by wearing shoes which are too tight. In the first place, a calus is formed, which, by constant pressure, frequently extends to the bone: they are then difficult to cure. Rattle-snake or mud-turtle oil will, if applied a few nights at bed-time, generally eradicate them. The occasional use of the oil, however, should not be dispensed with until the corns are entirely removed.

*Costiveness.*

This complaint is caused by obstructions that prevent the flow of those juices which assist the excrementous part of our food to pass through the intestines. For the want of this assistance, the heavy part of our food forms into hard bodies, and is not discharged every day, as it should be

but varies from two to three or four days, and sometimes longer. In order to effect a cure in this case, such medicine should be made use of as will cause a general action through the whole system, in as mild a way as possible; for, if a powerful cathartick be given, it will cause a powerful action for a short time in those obstructed glands, and then leave them more debilitated than they were before. This is often the cause of the complaint.

CURE.—Take a pill of No. 1 every other morning, until the bowels are regular. The diet should be light, and easy to digest.

### *Cough.*

This is a sudden contraction or convulsion of the lungs, by which the air in them is suddenly forced out, and causes a noise which, like all other sounds of the human voice, is occasioned by the motion of the glottis. It is commonly caused by

a cold, which, if neglected, or improperly treated at first, may soon end in a consumption, especially if the blood be out of order.

CURE.—Antispasmodick and expectorant powders should be taken, morning and evening: antispasmodick powders should be used for one week; then the expectorant powders, changing a week about. The patient should wear flannel next to the skin.

*Cramp.*



This distressing complaint is caused by an involuntary contraction of the muscles. It can generally be relieved in a short time, by bathing the feet, and using antispasmodick powders. Apply draughts also, keep the feet warm, and at the same time hold a lump of brimstone in each hand. External friction to the part affected is also very beneficial.

*Deafness.*

This complaint is occasioned by a defect in the formation of the organs of hearing; in which case, the patient remains deaf for life, and many times dumb also, owing to a similar defect in the organs of speech. It is sometimes caused by the inspissation of the fluids of the head, in consequence of disease; in which case, electricity would be very proper: sometimes by an ulcer in the ear; in this case, keep both ears filled with cotton wool, wet with the tincture of lobelia inflata. If deafness proceed from debility of the nervous system, make use of antispasmodick powders twice in the day, and drop one drop of rattle-snake oil in the ears once in the day.

*Teething.*

This, in itself, is not a disease, but is frequently attended with alarming symptoms, such as a relax



which exhausts the strength, wastes the flesh, and is accompanied with fever, &c. When this is not the case, medicine is not generally required: but, when it is required, as little should be given as the case will admit of. The gums should be scored with a pen-knife, or some other sharp instrument. Castor oil should be given in small doses. Bathing the child in warm milk and water should never be neglected, in case the symptoms are alarming, such as fits, &c.

### *Faintings.*

In this complaint there is a diminished action of the heart and lungs, and sometimes a sudden and total suspension of all the functions of the system, accompanied by a death-like paleness. It originates in various causes. Persons of a delicate constitution are most liable to such an attack. The patient should be laid in a horizontal position in the open air, with the head a little elevated, and the arms spread out. The clothes, if tight, should

loosened, so that the circulation can be as free as possible. The face and breast should be sprinkled with cold water, and the extremities rubbed with a flesh brush or flannel, to increase the circulation there. After recovering from the attack, use a tea made of some of the articles that would be stimulating—say mother-wort.

*Fever Sore, Inflammation & Ulceration of a Bone.*

“FIRST STAGE—A peculiar obtuse, deep-seated, aching pain, extremely distressing to the patient, which soon affects the health to a remarkable degree. At length the parts swell, and a tumour forms, possessing great hardness; the skin becomes red and extremely tender; there is an increase of heat, and other symptoms of inflammation.” This is often caused by a severe bruise, which affects both the flesh and the bone; and is sometimes caused by a general disease becoming a local one. In bad cases of this kind, I think the

Blood should be prepared by a tea of bitter-sweet and sarsaparilla : a poultice of sorrel should be applied for a few times ; then make use of ointment No. 1, till a cure is performed.

*Giddiness of the Head, or Vertigo.*

This complaint frequently originates in a foul stomach, which should be cleansed by an emetick No. 1 : after this, a dose of pills No. 1, followed by antispasmodick powders, taken morning and evening.

*Frost-bitten.*

CURE.—Boil white oak leaves as strong as you possibly can ; then bathe the part affected in it for one hour, as warm as you can bear it.

*Gravel and Stone.*

Those disorders are the consequence of a peculiar disposition of the fluids, and more particularly the secretion of the kidneys, to form a calculous matter; and have been supposed to be owing to the presence of an acid principle in them, called the uric acid—in opinion which seems to be confirmed by the benefit derived from a course of alkaline medicines.

When small stones are lodged in the kidneys, or discharged with the urine, the patient is said to be afflicted with the gravel. If one of these stones happen to make a lodgment in the bladder for some time, it accumulates fresh matter, and at length becomes too large to pass off with the urine. In this case, the patient is said to have the stone.

CURE.—Make use of a tea made of agrimony and gravel-root, a week about, for a length of time, which will perform a cure.

*Head-ache.*

This is most generally caused by costiveness, foul stomach, obstructions in the head, or by its fulness of blood. If by costiveness, make use of medicine for that complaint: if by foul stomach, take a puke of No. 2: if by obstructions in the head, use snuff recommended for Catarrh: if by too much blood in the head, the patient should be bled, bathe his feet, apply mustard draughts to them, and bathe his head with vinegar or cold water. Head-ache sometimes proceeds from too much sleep, too much watching, and too close application to study. Such excesses must be avoided, in order to obtain relief. If it proceeds from nervous debility, use antispasmodick powders night and morning, and keep the bowels in good order, by the use of laxatives, &c. The diet should be light, and easy to digest.

*Heartburn.*

Take a puke of No. 2: the pills No. 1 may be taken once every other day, for a short time.

*Hiccough.*

This uneasy and often distressing complaint consists in a convulsive or spasmodick affection of the muscles subservient to deglutition, and the midriff or diaphragm, which many times severely affects the whole system. It arises from any cause which irritates those parts, such as swallowing dry substances or powerful stimulents, poisons, &c.; or from a want of nourishment in the stomach. It is in nowise alarming in a state of health, as it can be removed by a full draught of cold water, or by applying snow or ice to the lips. If these applications do not afford relief, make use of halling, and a tea of pennyroyal,

*Incontinence of Urine.*

“In this disease there is an involuntary evacuation of urine, from an inability to retain it, owing to various causes, which give rise to a weakness or paralytick condition of the sphincter muscle of the bladder. Sometimes it arises from calculous concretions irritating the neck of the bladder, or from injury done to the parts in the operation of cutting for the stone; from pressure of the womb during a pregnant state, and, now and then, from injury done to the bladder during labour. Too frequent a use of spirituous liquors, excess in venery, and the practice of onanism, are frequently the exciting causes of an incontinence of urine.”

If the complaint should be caused by concretions in the bladder, observe the directions given for Gravel and Stone. If it proceed from debility, take a dose of pills No. 1, and use a tea of white-pine buds, taken when full grown, for

constant drink, with the occasional use of tansy tea.

### *Nightmare.*

This occurs during sleep, and is distinguished from dreams by a sense of weight upon the chest, from which the afflicted apprehend great danger, but have not power to move in the least degree. They gradually wake up, but still remain incapable of motion, until at length, by repeated efforts, motion is effected, and the system is at once restored to all its wonted energies. At other times, they remain motionless, are sensible of all they hear, but cannot move without assistance. Abstaining from a hearty supper, and lying on the right side, will many times be sufficient; if not, make use of antispasmodick powders, night and morning.



*Insanity, or Derangement of Mind.*

This is a disease of the mind, commonly occasioned by disappointment, great intellectual exertions, nervous debility, long continued habits of intemperance, &c. Its effects are as various as the mind of man. A minute description of them would be alike tedious and unprofitable to the reader. In all cases of this disease, strict attention should be paid to diet. Pure cold water should be the only drink, in a healthy condition of the bodily system; but, if the patient be feeble, cleansing medicine, such as burdock, and colambo to strengthen, and a free use made of antispasmodick powders. Every pains should be taken to cheer and animate the spirits: affectionate treatment, exercise, and change of scenery, will oftentimes do more to remove the disease than medicine. Confinement should never be resorted to, except in extreme cases, when the patient

would be liable to do personal injury to himself or others.

### *Itch.*

This is an eruption of the skin, which causes a constant inclination to scratch, especially when warm. It is commonly communicated from one to another, by wearing the same clothes, sleeping together, &c. A tea of burdock root should be used for constant drink: rub every night with ointment No. 2. Yew alder is also good for constant drink.

### *Rupture.*

This generally results from accidental injuries. If a part of the intestines pass through the opening, and do not readily return, it is sometimes attended with great distress. When this is the case, the patient should be placed on the back,

and warm applications made to the part. After it returns, it should be kept up by a bandage or truss. If it should not return without, give an injection, which will cause action in the bowels; keep them as regular as possible. It is generally caused by violent exertions, as jumping, wrestling, lifting heavy weights, &c., which must be carefully guarded against. Should a rupture appear in young children, in consequence of much crying, coughing, sneezing, &c., the same means should be persevered in as above directed, both to prevent it from coming down again and to return it. The patient should be kept as quiet as possible, so that the rupture may heal again.

### *Salt Rheum.*

This is a local disease, confined chiefly to the hands, and sometimes forms cracks, which discharge a watery fluid. It is attended with a burning itching, very troublesome in cold wea-

ther. If the health be good, a tea of wild lettuce should be used for constant drink. Wash the hands several times a-day with the tincture of lobelia inflata, and then oint them over with the ointment No. 1.

### *Scald Head.*

This is a disease in which the head is covered with a scab. It is contagious, and generally affects whole families, especially the children. Observe the same treatment for this as for Salt Rheum. Secure the affected part from the air, as much as possible, by a silk cap. Physick occasionally with pills No. 1.

### *Scrofula, or King's Evil.*

“The characteristic signs of this disease are swellings of the lymphatick glands, chiefly in

the neck, a thick upper lip, smooth skin, florid complexion, enlargement of the belly, and obstinate ulcers. It generally arises between the third and seventh year; yet sometimes later, and even at the age of puberty, particularly in persons of a relaxed habit, of an irritable fibre, and fine skin.

When it makes its appearance, it is attended with hard, unequal, or knotty tumours in the glands about the neck, and under the jaw."

CURE.—Make use of bitter sweet and burdock for constant drink. Apply a poultice of white or yellow lily to the tumour; then anoint the tumour twice in the day with ointment No. 1. A lengthy application might, however, be necessary.

### *Sore Mouth.*

This is caused by canker, and is called Thrush. Golden seal or gold thread is good for it, either as a wash, or chewed like tobacco. Sometimes crow-foot has a good effect, chewed like tobacco.

*Ulcers.*

Ulcers are often tumours, supported by the humours of the system. The discharge from them should be encouraged by cleansing medicine, such as burdock, bitter sweet, elecampane, sarsaparilla, wild lettuce, tag alder, or pipsissaway. Anoint the ulcers twice in the day, and wash the same with a tea of swamp sassafras.

*Warts.*

These appear on different parts of the system. A strong decoction of oak bark will most certainly remove them, if applied several times in a day, for a week or two.

*Vegetable Poison.*

When any article containing vegetable poison has been swallowed, an emetic of No. 2 should

be administered as soon as possible, in order to remove the poison; during the operation of which, give slippery elm tea freely. In an hour or two, give a potion of the pills No. 2, and a common injection occasionally, until the physick operates. The most common vegetable poisons are cicuta, or poison hemlock, ivy, night-shade, henbane, muskrat root, laurel, poison sumach, poppy, hellebore, (called also itch weed and poke.) If any of these should be applied to the external surface, it would cause swelling and a violent itching. Some persons are not easily affected by them. In cases of swelling, &c. from external poison, keep the stomach well guarded by a tea made of spikerard, and bathe the affected part with tincture of lobelia inflata. Mineral poison should be treated in a similar manner. Mustard seed, finely pulverized, is highly recommended for poison.

*Veneral Disease.*

This disease is caused by intercourse with common prostitutes, and generally affects the parts of generation, but sometimes appears on different parts of the body. Children are afflicted with it, if their parents, especially the mother, have been, previous to their birth; and thus it is handed down from generation to generation. This disease appears in different forms. Clap, or mildest state of the disease, manifests itself in from four to ten days, generally, but sometimes not under two or three weeks from the time of receiving the infection. It commences with an itching in the most tender part of generation, and a scabbing sensation when making water, which increases, and is soon followed by a discharge of white mucous matter from the penis, in men. This soon changes to a yellow or green colour, and increases much in quantity. The discharge is from the vagina in women, and is generally



discoloured. They are also afflicted with a scalding sensation in making water, but the discharge is performed with more freedom than in men, as the organs of generation are differently formed in the different sexes, so that the urine does not pass through the affected part in women, as it must in men.

The more advanced or ulcerated stage of the disease is called Chancres. The ulcers appear first in small red pimples, which contain a transparent fluid. These break, and form new ones, which are very sore and painful, and spread considerably. It is sometimes communicated to the nipple, by a child who is thus compelled to bear the sin of the parent. Swellings, called Bubos, frequently form in the groin; and, if matter be suffered to get into a sore on the hand, bubos will be likely to form in the arm-pit. They are very painful, and seriously affect the motion of the joints. As the disease progresses, brown or copper-coloured spots appear on different parts of the system; the throat becomes ul-

cerated, the voice hoarse, and swallowing difficult; inflammation takes place in the eyes; the nose is affected, and finally consumed. Pain and ulceration continue to increase, until the patient finds relief from medicine.

Strict attention should be paid to cleanliness, diet and drink. The pills No. 1 should be taken three times in the day—morning, noon, and night; say one or two pills at a time. Half a teaspoonful of the tincture of hemlock may be taken once in the day. If ulceration take place in the passage, or under the prepuce, first cleanse the part with fine soap-suds, by a syringe; then by a tea of swamp snake or swamp sassafras, with a small quantity of the tincture of hemlock added to it: and, after the part is washed, anoint the same with ointment No. 1. This should be done morning and evening. At the time of making use of the above prescriptions, use a tea of wild willow for constant drink. An open ulcer should be sprinkled over with fine powder of blood-root, to remove scurf, fungus flesh, &c. When the

whole system is affected with this most loathsome and despicable of all diseases, it is necessary to wash the whole external surface with a tea of tag alder, once in twenty-four hours. Change the under-clothes often, and use every means of cleanliness to prevent the matter that has once been thrown out of the system from getting back.

### *White Swellings.*

The large joints, such as the knee, ankle, and elbow, are most liable to the attacks of this malady. In the first stages of this disease, the skin is not at all altered in colour. In most cases, the tumour is trivial, although the pain is severe, and felt commonly at one point of the articulation. The swelling at first occupies the little hollows of the joints, but soon becomes general. The patient soon only touches the ground with the tip of his toes, and the limb becomes stiff

and crooked. These are the appearances in the first stage. At length the diseased joint appears of an enormous size—the skin not much altered, but smooth and shining, with a few red veins running over it. Some openings appear, and discharges from them: sometimes these heal, but soon break out again. The health fails, and hectic fever comes on.

When this complaint first makes its appearance, bathe the part frequently with the tincture of hemlock, and use a tea of bitter sweet and burdock root: anoint the parts affected with ointment No. 4, twice in the day.

### *Willow, or Filon.*

These seat on the bone, at or near the joint, and, if neglected, generally consume a part of the bone. The following salve is the best remedy I know of: I have never known of its failing to perform a cure in a short time.—(See Index,

Salve for Felon.) This should be applied to the tumour when it first makes its appearance, and repeated, if necessary.

### *Worms.*

The worms found in the human stomach and bowels are of three kinds, viz: the ascarides, the teres, and the tape-worm. The ascarides somewhat resemble short pieces of white thread; these most afflict the stomach and fundament. The teres is a round worm, generally a number of inches in length: these occupy the stomach and intestines. The tape-worm is flat like tape, full of joints, and, if not removed, it sometimes grows to a number of yards in length: these also occupy the stomach and intestines. The cause of worms is chiefly, if not always, owing to a foul stomach and indigestion, which also cause all the variety of symptoms upon which so much dependence is placed, as indicating their presence. Such

symptoms should be regarded as indicating a disordered stomach and bowels, and medicine given to remove slime, &c. from them, and regulate the health. The patient should take a puke of No. 2; six hours after, a dose of pills No. 1; the next day after taking the pills, he should commence in the morning fasting, and take a dose of vermicifuge; (see Index, for Vermifuge;) one hour after, he should take one more dose, and, one hour after the second dose, the third: he should stop that day, and commence the second and third morning, and take three doses in the same way as on the first day. In addition to the above prescription, take a warm poultice, dip it in warm whiskey, and apply it to the pit of the stomach for two or three days: this poultice must be made of wormwood, rue, and tansy—the three scalded and dipped in hot whiskey, and applied to the pit of the stomach. Garlick in whiskey, taken in the morning, fasting, is good to prevent a return of the worms.

*Ear-Ache.*

This disorder chiefly affects the membrane which lines the inner cavity of the ear. It is often so violent as to occasion great restlessness, anxiety, and even delirium.

CURE.—Wet cotton with the tincture of lobelia inflata, and put it in the ears: repeat it often, if necessary.

*Fretted or Chapped Nipples.*

When the nipples are fretted or chapped, they may be bathed several times in the day with a mixture of tincture of hemlock and tincture of lobelia inflata, equal parts.

*Cramp of the Stomach.*

This disease often seizes people suddenly, is very dangerous, and requires immediate assist-

ance. If the patient has any inclination to vomit, he ought to take some draughts of warm water, or weak chamomile tea, to cleanse his stomach. After this, if he has been castive, a clyster may be given. The juice of tansey should be taken freely, until the cramp subsides.

### *Bite of a Snake.*

CURES.—Take the plant called lion's heart; pound it, mix it with milk, apply a poultice to the wound, and drink some of the same; or drink half an ounce of sweet oil, and apply some of the same to the wound.

### *Strains.*

Strains are often attended with more serious consequences than broken bones. The reason is obvious: they are generally neglected. When a bone is broken, the patient is obliged to keep the



member easy, because he cannot make use of it ; but when a joint is only strained, the person, finding he can still make a shift to move it, is sorry to lose his time for so trifling an ailment. In this way he deceives himself. Country people generally immerse a strained limb in cold water. This is very proper, provided it be done immediately, and not kept in too long ; but the custom of keeping the part immersed in cold water for a long time is certainly dangerous. It relaxes instead of bracing the part, and is more likely to produce an evil than remove one. Bathing the strained part with the tincture of hemlock, and wrapping a garter, or some other bandage, pretty tight about it, is a great assistance in performing the cure. It helps to restore the proper tone of the vessels, and prevents the action of the parts from increasing the disease. It should not, however, be applied too tight.

*Tetter.*

CURE.—Anoint the part affected with ointment No. 3, and continue until it is cured. Sometimes blood-root, sliced and put in strong vinegar, is good. The blood should be cleansed by a tea of bitter sweet and burdock root.

*Convulsion Fits.*

CURE.—Take a dose of the tincture of lobelia inflata, and repeat, it if necessary.

*Contracted Sinews.*

CURE.—Rub with the oil of fish-worms.

*Mortification.*

The symptoms of an incipient mortification are—first, a sudden diminution of the pain, and sym-

pathetic fever; secondly, a livid discolouration of the part, which, from being yellowish, becomes of a greenish hue; thirdly, detachment of the cuticle, under which a turbid fluid is effused; fourthly, the swelling, tension, and hardness subside, and, on touching the part, a crepitus is perceptible, owing to the generation of air in the cellular substance. While the disease is in this stage, it is termed Gangrene.

When the part has become quite black and fibrous, and destitute of motion, sensation, and natural heat, the disease is denominated Sphacelus.

An unpleasant hiccough commonly attends the occurrence of gangrene and sphacelus. The blood coagulates in the large vessels leading to the mortified part, for some distance from the slough; and this is the reason why the separation of a mortified limb is seldom followed by hemorrhage.

When any part of the body mortifies, the constitution suffers immediately a considerable dejection; the patient's countenance suddenly assumes a wild, cadaverous look; the pulse becomes small,

rapid, and sometimes irregular; cold perspirations, diarrhoea, and even delirium, occur.

CURE....If the mortification is internal, make use of a tea of slippery elm and smart-weed. If it should be external, bathe the part with the tincture of hemlock, and apply a poultice of slippery elm and smart-weed: the tincture should be applied always before the poultice.

### *Miliary Fever.*

This fever takes its name from the small pustules or bladders which appear on the skin, resembling, in shape and size, the seeds of millet. The pustules are either red or white, and sometimes both are mixed together.

The whole body is sometimes covered with pustules; but they are generally more numerous where the sweat is most abundant, as on the breast, the back, &c. A gentle sweat or moisture on the skin, greatly promotes the eruption but when

the skin is dry, the eruption is both more painful and dangerous. Sometimes this is a primary disease; but it is much oftener only a symptom of some other malady, as the small pox, measles, ardent, putrid, or nervous fever, &c.

In all these cases, it is generally the effect of too hot a regimen or medicines. The miliary fever chiefly attacks the idle and the phlegmatic, or persons of a relaxed habit. The young and the aged are more liable to it than those in the vigour and prime of life. It is likewise more incident to women than men, especially the delicate and the indolent, who, neglecting exercise, keep continually within doors, and live upon weak, watery diet. Such females are extremely liable to be seized with this disease in child-bed, and often lose their lives by it.

CAUSE.—The miliary fever is sometimes occasioned by violent passions or affections of the mind, as excessive grief, anxiety, thoughtfulness, &c. It may likewise be occasioned by excessive watching, great evacuations, a weak, watery diet, rainy

seasons, eating too freely of cold, crude, unripe fruit, as plums, cherries, cucumbers, melons, &c. Impure waters, or provisions which have been spoiled by rainy seasons, long keeping, &c., may likewise cause miliary fevers. They may also be occasioned by the stoppage of any customary evacuation, as issues, setons, ulcers, the bleeding piles in men, or the menstrual flux in women, &c. This disease in child-bed women is sometimes the effect of great costiveness during pregnancy: it may likewise be occasioned by their excessive use of green trash, and other unwholesome things, in which pregnant women are too apt to indulge. But its most general cause is indolence. Such women as lead a sedentary life, especially during pregnancy, and at the same time live grossly, can hardly escape this disease in child-bed.

**SYMPTOMS.**—When this is a primary disease, it makes its attack, like most other eruptive fevers, with a slight shivering, which is succeeded by heat, loss of strength, faintiness, sighing, a low, quick pulse, difficulty of breathing, with

great anxiety and oppression of the breast. The patient is restless, and sometimes delirious; the tongue appears white, and the hands shake, with often a burning heat in the palms; and in child-bed women the milk generally goes away, and the other discharges stop. The patient feels an itching or pricking pain under the skin; after which, innumerable small pustules, of a red or white colour, begin to appear: upon this, the symptoms generally abate, the pulse becomes more full and soft, the skin grows moister, and the sweat, as the disease advances, begins to have a peculiar foetid smell; the great load on the breast, and oppression of the spirits, generally go off, and the customary evacuations gradually return. About the sixth or seventh day from the eruption, the pustules begin to dry and fall off, which occasions a very disagreeable itching in the skin.

It is impossible to ascertain the exact time when the pustules will either appear or go off. They generally come out in the third or fourth day, when the eruption is critical; but, when symp-

tomatically, they appear at any time of the disease. Sometimes the pustules appear and vanish by turns. When that is the case, there is always danger; but when they go in suddenly, and do not appear again, the danger is very great. In child-bed women, the pustules are commonly at first filled with clear water; afterwards, they grow yellowish. Sometimes they are interspersed with pustules of a red colour: when these only appear, the disease goes by the name of a Rash.

MANAGEMENT.—In all eruptive fevers, of whatever kind, the chief point is to prevent the sudden disappearing of the pustules, and to promote their maturation. For this purpose, the patient must be kept in such a temperature as neither to push out the eruption too fast, nor to cause it to retreat prematurely. The diet and drink ought therefore to be in a moderate degree nourishing and cordial, but neither strong nor heating. The patient's chamber ought neither to be kept too hot nor too cold; and he should not be too much covered with clothes. Above all, the mind



is to be kept easy and cheerful. Nothing so certainly makes an eruption go in as fear, or the apprehension of danger. The food must be weak chicken broth, with bread, panada, sago, or groat-gruel, &c.; to a gill of which may be added a spoonful or two of wine, as the patient's strength requires, with a few grains of salt and a little sugar. Good apples, roasted or boiled, with other ripe fruits of a warming and cooling nature, may be eaten. The drink may be suited to the state of the patient's strength and spirits. If these be pretty good, the drink ought to be weak, as water-gruel, balm-tea, or the tea of sarsaparilla. Sometimes the miliary fever approaches towards a putrid nature; in which case, the patient's strength must be supported with generous cordials, joined with acids; and, if the degree of putrescence be great, the Peruvian bark must be administered. If the head be much affected, the body must be kept open by clysters.

Cure.—If the food and drink be properly regulated, there will be little occasion for medicine in

this disease. Should the eruption, however, not rise, or the spirits flag, it will not only be necessary to support the patient with cordials, but likewise to apply strengthening plasters. The most proper cordial in this case is good wine, which may be taken either in the patient's food or drink; and, if there be signs of putrescence, the bark may be mixed with the wine.

The miliary fever, like other eruptive diseases, requires gentle purging, which should not be neglected, as soon as the fever has gone off, and the patient's strength will permit.

To prevent this disease, a pure, dry air, sufficient exercise, and wholesome food, are necessary. Pregnant women should guard against costiveness, and take daily as much exercise as they can bear—avoiding all green trashy fruits, and other unwholesome things; and, when in child-bed, they ought strictly to observe a cool diet.

There is not any fever in which the symptoms ought to be more carefully watched than in this.

changes are frequent and rapid, and the fever itself often assumes a quite different character. It is, therefore, of the utmost importance, upon such occasions, to change the diet and medicines, and adapt them to the new symptoms.

### *Puerperal Fever.*

The most fatal disorder consequent upon delivery is the puerperal or child-bed fever. It generally makes its attack upon the second or third day after delivery. Sometimes, indeed, it comes on sooner, and at other times, though rarely, it does not appear before the fifth or sixth day. It begins, like most other fevers, with a cold or shivering fit, which is succeeded by restlessness, pain of the head, great sickness at the stomach, and bilious vomiting. The pulse is generally quick, the tongue dry, and there is a remarkable depression of spirits and loss of strength. A great pain is usually felt in the back, hips, and region of the

womb; a sudden change in the quantity or quality of the lochia also takes place, and the patient is frequently troubled with a tenesmus, or constant inclination to go to stool.

The urine, which is very highly colored, is discharged in small quantities, and generally with pain. The belly sometimes swells to a considerable bulk, and becomes susceptible of pain from the slightest touch. When the fever has continued for a few days, the symptoms of inflammation usually subside, and the disease acquires a more putrid form. At this period, if not sooner, a bilious or putrid looseness, of an obstinate and dangerous nature, comes on, and accompanies the disease through all its future progress. There is not any disease that requires to be treated with more skill and attention than this; consequently, the best assistance ought always to be obtained as soon as possible. In women of plethoric constitutions, bleeding will generally be proper at the beginning: it ought, however, to be used with caution, and not to be repeated, unless where the

signs of inflammation rise high ; in which case, it will also be necessary to apply a blistering plaster to the region of the womb.

During the rigour, or cold fit, proper means should be used to abate its violence, and shorten its duration. For this purpose, the patient may drink freely of warm diluted liquors, and, if low, make take now and then a cup of wine-whey : warm applications to the extremities, as heated bricks, bottles or bladders filled with warm water, and such like, may also be taken with advantage.

Clysters of milk and water, or of chicken water, ought to be frequently administered through the course of the disease. These prove beneficial, by promoting a discharge from the intestines, and also by acting as a kindly fomentation to the womb and parts adjacent. Great care, however, is requisite in giving them, on account of the tenderness of the parts in the pelvis at this time. To evacuate the offending bile from the stomach, a vomit of No. 1 might be given. If

the stools should prove so frequent as to weaken and exhaust the patient, she may be given, with thirty or forty drops of tincture of opium, to be administered as soon as stool appears; and the drink may be rice-water. Should the cathartics fail, recourse must be had to columbo-root, or opium. Columbo-root may be given in doses of ten grains, and opium of one grain. The diet in general the food ought to be light, and the drink diluted, yet, when the disease has been long protracted, and the patient is greatly spent by evacuations, it will be necessary to support her with nourishing diet, and strong cordials. When the stomach will not bear any kind of nourishment, the patient may be supported for some time by clysters of beef-tea or chicken-broth.

To avoid this fever, every woman in child-bed ought to be kept perfectly easy: her food should be light and simple, and her bed chamber cool and properly ventilated. There is not any thing more hurtful to a woman in this situation, than

being kept too warm. She ought not to have her body too tight, nor to rise too soon from bed after delivery : catching cold is also to be avoided ; and a proper attention should be paid to cleanliness.

### *Milk Fever.*

To prevent the milk fever, the breasts ought to be frequently drawn ; and, if they are filled previous to the onset of a fever, they should, upon its first appearance, be drawn, to prevent the milk from becoming acid, and being absorbed in this state. Constipation is likewise to be avoided : this will be best effected by the use of mild clysters and a laxative diet.

We shall conclude our observations on child-bed women, by recommending, as there, above all things, to beware of cold. Child-bed women, whose circumstances obligeth them to quit their bed too soon, often contract diseases from cold, of which

they never recover. It is a pity that the poor are not taken care of in this situation. But the richer sort of women run the greatest hazard from too much heat. They are generally kept in a sort of bagnio for the first eight or ten days, and then dressed out to see company. The danger of this conduct must be obvious to every one.— The superstitious custom of obliging women to keep the house until they go to church, is likewise a very common cause of catching cold. All churches are damp, and most of them cold; consequently, they are the very worst places to which a woman can go to make her first visit, after having been confined in a warm room for a month.



### Table of Doses.

As a general rule, the following table of doses will be quite sufficient :

A person from fifteen to twenty years of age may take two-thirds of a dose intended for an adult.

From ten to fifteen, one half.

From six to ten, one-third.

From four to six, one-fourth.

From two to four, one-sixth.

From one to two, one-tenth.

Below one year, a twelfth.

A woman, generally, should take a little less than a man.



ON THE  
*Pernicious Effects of Mercury,*

18

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Among the numerous poisons which have been used for the cure or alleviation of diseases, there are few which possess more active, and of course more dangerous powers than *Mercury*. Even the simplest and mildest forms of that mineral exert a most extensive influence over the human frame, and many of its chemical preparations

are so deleterious, that in the smallest doses they speedily destroy life.

The late Dr. Parr, in his Medical Dictionary, (Vol. 1. page 177,) thus expatiates on the virtues and uses of that mineral. "As a medicine, there is scarcely an indication that mercury cannot supply. There is no more certain and active emetic than the *mercurius vitriolatus*; a more powerful laxative has the calomel; a more effectual and steady diaphoretic and stimulant than the *mercurius muriatus*; a more certain emmenagogue than calomel; a more effective errhine than the turpeth mineral; a more perfect sialagogue than either of its preparations."

Practitioners of the first respectability prescribe on every trifling occasion calomel, or the blue pill. Thus, calomel is now almost the universal opening medicine recommended for infants and children, and a course of the blue pill (which is one of the vilest preparations of mercury) is advised in every case of constipation, for the

cure of trifling irregularities of digestion in grown persons.

Dr. Falcorar of Bath, (in a paper inserted in the first volume of the Transactions of the Medical Society of London, dated May, 1809) has in strong language reprobated this practice, and has pointed out many of the dangerous effects of the indiscriminate use of mercury. His warning voice, however, has not been listened to; for the employment of mercurial medicines has, for several years, become more and more extensive.

But when the effects of mercury upon the human body are accurately investigated and duly considered, it cannot fail to appear that infinite injury must accrue from its use.

It is the object of the author, in the following pages, to illustrate those propositions; and, in doing so, he readily avails himself of the recorded facts and observations of those respectable members of the profession, to whom proper deference is due.

In detailing the effects produced upon the system by preparations of mercury, it is necessary to premise the well known fact, that there are some individuals on whom such medicines, though continued for a considerable length of time, have little or no perceptible influence, unless the activity of their organs, or the magnitude of their dose, be calculated to exert immediate effect. For example, whatever the constitution of the person may be, a very few grains of the murure of mercury, given in substance, prove rapidly and in large doses of the excrement are rapidly removed by vomiting and purging. On the other hand, instances of constitutions which are insensible to the influence of the ordered dose of preparations of mercury, are very rare in comparison with those which are affected by the smallest quantity of that mineral.

Preparations of mercury, exhibited either internally or externally for any length of time, increase in general the action of the heart and arteries, and produce salivation, attended by

emaciation and debility, with an extremely irritable state of the whole system.

These effects of mercury are expressly mentioned, or virtually admitted, by every author ancient and modern, who has directed its use; and it must appear very extraordinary that their full influence should have been misunderstood, or at least not sufficiently regarded.

The first effect enumerated is an increased action of the heart and arteries, that is, a more than usually rapid circulation of blood through every part of the body. This also occurs in feverish and inflammatory disorders, and in all is accompanied with an augmentation of the animal heat. But in feverish disorders there is neither any apparent change upon the sensible qualities of the blood, nor any unusual flow of the ordinary secretions; while in inflammatory affections the sensible qualities of the blood are materially altered, and either some of the secretions are furnished in greater abundance, or topical congestions

tions. that is, obstructions in the vessels of particular parts, take place.

Accelerated circulation of the blood, in consequence of the use of mercury, is attended with the most obvious of the circumstances which arise from inflammation. Blood drawn from the arm of the most delicate and debilitated individual, subjected to a course of mercurial medicines, exhibits the same buffy crust with blood drawn from a person labouring under pleurisy, and the secretions from the skin or from the kidneys are greatly increased.

In inflammatory complaints, topical congestions occur more frequently than increase of secretions, while the reverse of this happens where the inordinate action of the heart and arteries is occasioned by the use of mercury.

There is another remarkable difference. In inflammatory diseases, the muscular strength, in many instances, continues unimpaired till towards the termination of the complaint. Thus, every



practitioner knows that individuals laboring under pleurisy have walked several miles within a few hours of death. But, from the time that the influence of mercury becomes evident, the general strength declines rapidly.

It appears, therefore, that the increased action of the heart and arteries, excited by mercurial medicines, produces not only the same injurious changes upon the body with those arising from inflammation, but also certain effects peculiar to itself. This important fact has been incidentally noticed by numerous authors, although the natural inference to be deduced from it has been very much overlooked. Dr. Carmichael expressly says, "Mercury induces a specific fever, different from all others, and attended with an increase of the various secretions."

Reasoning upon the subject, it might be concluded, that if there be an inordinate action of the heart and arteries, attended with an altered state of the blood and with debility, while the increased secretions accompanying this inordinate action

have no tendency to diminish, but must be rapidly undermined, and the process of ulcerations in any part of the body, thus commenced, certainly degenerate into indurated, or even into ulcerated surfaces or scarifications, not only in cases where the living powers are much exhausted.

Experience has proved the reality of such conclusions, but prejudice and inaccurate observation led many practitioners of deserved reputation to attribute those effects of mercury to other causes. And Mr. Mathias points to his valuable remarks on what he terms the mercurial disease. Thus, before Mr. Mathias's publication, the injurious effects of mercury in some syphilitic cases were attributed to the original virus operating on scrofulous, or cancerous, or scorbutic constitutions, or to some complication or anomaly which was inexplicable.

Mr. Mathias has unequivocally shewn, that certain dangerous changes upon ulcerations originally syphilitic, and certain derangements of health, occur whenever mercury has been administered

in too acid, or in too large a quantity; and his remarks are confirmed by the experience of every practitioner who has, with extensive opportunities of observation, been attentive to the phenomena. It requires not the action of the mercury in such cases is of a specific or peculiar nature; it most probably, however, is merely in an inordinate or excessive degree, and in no other respect different from what it is in every case. It is a well known fact, that exposure to cold, bodily fatigue, and irregularities of diet, particularly indulgence in intoxicating liquors, have aggravated the severity and malignancy of syphilitic ulcerations, whether primary or secondary. But as all these different causes concur only in one respect, viz. in exciting inflammation, it is evident that mercury, when it affects the system, must be productive of equally injurious changes upon the ulcerations in question and upon the general health, because it probably induces a more violent degree of inflammation than exposure to cold or irregularities of diet.

Upon the same principle may be explained the fact noticed by all practical writers, that scrofulous sores, and scirrhus tumours, and cancerous affections, in certain stages of their progress, are much aggravated by preparations of mercury.

Dr. Blackall has shown that, from the same cause, thickening of various membranes, particularly the pericardium and pleura costalis, has ensued; and it is more than probable, that the aching pains which so often follow courses of mercury are owing to partial adhesion, and thickening of the cellular membrane in contact with the fascia and extremities of the muscles. From Dr. Blackall's cases, too, there is reason to believe that the inflammatory diathesis induced by mercury may continue for a considerable time after the mercury has been laid aside, and without any manifest signs. When individuals in this state are subjected to accidental exposure to cold, or indulge in irregularity of living, a violent and anomalous indisposition takes place, which is apt to termi-

minate fatally, or to occasion a broken state of health.

*Secondly*—Salivation, or an excessive and unusual flow of saliva, in general follows the increased action of the heart and arteries, and is preceded by a certain metallic taste in the mouth, and is attended with a peculiar odour of the breath, different from what is ever perceived in any natural disease.

When an increase of any of the ordinary secretions takes place during the course of inflammatory affections, the local complaints may be relieved. But the excessive flow of saliva, in consequence of mercury, is accompanied with more or less local inflammation of all the parts within the mouth. In some cases, besides the ordinary ulceration of the gums, and loosening and final separation of the teeth, the tongue, moveable palate, &c. swell and ulcerate to a frightful degree.

*Thirdly*—Emaciation so commonly follows a course of mercury, that several eminent physi-

cians, about the beginning of last century, imagined that mercury had a natural tendency to destroy the fatty particles. The celebrated Van Swieten (§ 147) says, "All the pinguid humours are dissolved by the action of mercury, all the viscid are attenuated, and discharged out of the body, through various outlets, together with the virus adhering to them; therefore, when the patient's body is totally emaciated," &c.

This emaciation has generally been supposed to proceed, partly from the diminished appetite for food, and chiefly from the increased secretions and excretions; but, as the observations of Dr. Blackall have proved that the serum of the blood passes off with the urine, it is more than probable that the excessive rapidity of the emaciation is occasioned by that circumstance.

*Fourthly*—Debility. with an irritable state of the whole system, accompanies the emaciation, and of course occurs in various degrees in different individuals. The late Mr. Benjamin Bell, whose practical knowledge was so pre-

eminent, comprehends in one short paragraph (page 188 of the second volume of his valuable Treatise on the Lues Venerea) an emphatic list of those effects of mercury. He remarks that, besides the usual symptoms of fever, "mercury is apt to excite restlessness, anxiety, general debility, and a very distressful irritable state of the whole system."

The consequences of this effect upon the nerves are different upon different subjects. In some, temporary delirium takes place—in others, palsy or epilepsy supervenes, and in many the memory and judgment are more or less permanently impaired. Instances, too, have occurred, where sudden death has supervened, apparently in consequence of a very trifling exertion or agitation. Mr. Pearson has well described such cases under the title of Erethismus. He says, this state "is characterized by great depression of strength, a sense of anxiety about the precordia, irregular action of the heart, frequent sighing, trembling, partial or universal, a small,

quick, and sometimes intermitting pulse, occasional vomiting, a pale contracted countenance, a sense of coldness; but the tongue is seldom furred, nor are the vital or natural functions much disordered."

It may be alleged that these are extreme cases, and it must be admitted that, in many instances, those very violent effects do not follow. Delicate individuals, however, particularly those who have been accustomed to a sedentary life, and therefore, in an especial degree, females, generally experience, after a course of mercury, various modifications of disordered feelings, communicating the idea of imaginary diseases, which unfit them for the duties of life, and render existence a burden.

Among the anomalous complaints arising from this cause, may be enumerated, impaired or capricious appetite for food, with all the ordinary symptoms of indigestion, particularly retchings in the morning, and flatulency—disturbed sleep, with frightful dreams—impaired or depraved



vision—frequent aches and pains in different parts of the body—occasionally such sudden failure of strength, as if just dying, and at other times violent palpitations at the heart, accompanied with difficulty of breathing. Along with all these complaints, there is such a wretchedness of look, with such a propensity to brood over their miserable feelings, that it is extremely difficult to persuade the relations or the attendants of the patient that there is no serious indisposition.—Indeed, medical practitioners, who are not accustomed to weigh with mature deliberation all the complications of symptoms, are generally deceived in such cases, and involuntarily add to the alarm both of the unhappy sufferer and of the attendants.

“I might cite all writers on the *Materia Medica*,” Dr. Falconar, in the paper alluded to, (page 110,) says, “for authorities that the long continued and frequent use of mercury is not free from danger; that, among other ill effects, it tends to produce tremors and paralysis, and not

unfrequently incurable mania. I have myself seen repeatedly, from this cause, a kind of approximation to these maladies, that embittered life to such a degree, with a shocking depression of spirits, and other nervous agitations with which it was accompanied, as to make it more than commonly probable, that many of the suicides, which disgrace our country, were occasioned by the intolerable feelings that result from such a state of the nervous system." To the truth of these remarks every unprejudiced physician, who has been in extensive practice, must bear testimony.

Such are the ordinary and well known effects of mercury, when given in sufficient quantity to act upon the human body; but in many cases other deviations from health ensue.

Of these, the most common are excessive diarrhœa, accompanied often with discharges of blood from the bowels. This is so apt to occur in some individuals, even though the mercury be administered by being rubbed upon the surface,

that every writer upon "Lues Venerea" has mentioned this effect as one of the great obstacles to the cure of the disease.

The random experiments of speculative physicians upon patients labouring under scrofulous affections have proved, that in some cases ulcerations of the soft parts, and caries of the bones, originally arising from ill-conditioned states of the system, are much accelerated in their progress by mercurial medicine. Of this many melancholy examples might be cited. A boy about 11 years old had a sore on one cheek, with an affection of the jaw, which were attributed to the mismanagement of a dentist in extracting a carious tooth. A physician was consulted, (after the patient had suffered for some months,) who immediately prescribed a regular and full course of mercury. In a short time ulcerations in the throat appeared, the nose sunk, and one of the eyes was nearly destroyed, while the general health became so seriously injured, that death

followed in a few months. Can it be for a moment doubted, that all those morbid changes proceeded from the inflammatory action of the mercury ?

Mental derangement, with eventual fatuity, has sometimes followed a course of mercury ; and the probable reason why it does not do so more frequently is, that the irritable state of mind which usually precedes actual derangement commonly alarms the attendants, and leads to active precautionary measures.

Another consequence of the use of mercury is a very violent affection of the skin, originally hinted at by Mr. Benjamin Bell, and, more lately, particularly described by Dr. Alley of Dublin, Dr. Spens of Edinburgh, and Mr. Pearson of London. It has been called *hydrargyria* by Dr. Alley, *erythema mercuriale* by Dr. Spens, and *acczema mercuriale* by Mr. Pearson.

This eruption is usually preceded by heat and itching of the skin, a frequent pulse, and a whit.

tongue. Most commonly it begins on the inside of the thighs, or about the flexures of the arms ; and Mr. Pearson asserts, that it generally attacks the anterior parts of the body before the posterior. The parts affected are first of a faint red colour, and gradually the shade becomes deeper. The eruption proceeds by slow degrees over the whole surface, accompanied with an evident tumefaction of the skin, with great tenderness and heat, and most troublesome itchings.

Examined by a magnifying glass, the eruption appears distinctly vesicular, though the vesicles are so minute that they cannot be distinguished by the naked eye. These minute vesicles contain at first a pellucid fluid, and are each surrounded by a circular redness. From the great itching they are soon and inevitably ruptured, and discharge a thin acrid fluid, which irritates and excoriates the surface, and aggravates greatly the patient's sufferings. In this way the disease proceeds from one part to another, till the whole person becomes affected.

When the vesicles are first ruptured, the fluid which exudes, though thin, stiffens the linen, but after a few days the discharge becomes thick, and emits a most offensive smell. As the different parts of the body are affected in succession, the exudation is thin in one part, and thick and adhesive in another. In a day or two the adhesive discharge ceases, the cuticle loosens, assuming first a pale brown colour, and then turning nearly black, when it separates in large flakes, leaving a faint redness on the exposed surface. Sometimes this desquamation is succeeded by a second or third, in the form of efflorescence like farinaceous powder. In some cases the hair and even the nails have also separated, along with the epidermis.

The duration of the disease varies from a fortnight to eight or ten weeks, or even longer. Dr. Alley has described the cure, viz. by hydrargyria interna, repeated till the salivary sign—and out of forty cases he has observed

within ten years, eight patients died. For a more particular account of this loathsome and distressing affection, the reader is referred to Dr. Spens' Observations, already quoted, Dr. Ailey on Hydrargyria, Mr. Pearson, (second edition, page 166,) and Dr. Bateman, page 254.

These morbid effects of mercury do not seem to depend entirely upon the quantity or mode of preparation of that medicine which may be administered to the individual; for while it is an established fact, that the mildest preparations employed externally, if exhibited in too large doses, or continued for too great a length of time, are followed by some of the bad effects above enumerated, it is also notorious, that very small quantities of mercury have suddenly proved equally injurious. Thus, in a lady (whom the author attended some years ago along with his intelligent friend, Dr. Farquharson) who had had such small doses of the blue pill, combined with opium, for three nights successively, that the

whole quantity amounted to no more than five grains of the mass, salivation began on the fifth day, and, notwithstanding every attention, the tongue and gums became swelled to an enormous degree, bleeding ulcers of the mouth and fauces took place, and such excessive debility followed, that for nearly a whole month her life was in the utmost jeopardy. Every practitioner must have met with similar cases.

Another common consequence of a very small dose of mercury, is an excessive bowel complaint. In many individuals, a permanent irritability of the stomach and intestinal canal has followed the accidental exhibition of a few grains of calomel.

Various other anomalous affections have been known to succeed the use of mercury. Thus, Dr. Falconar mentions, (*Memoirs of the Medical Society of London*, Vol. III. page 281,) that he once saw a dropsy of the breast produced by the use of a mercurial remedy for a redness in the face, which it effectually removed, but in-



stantly produced a dropsy of the chest, terminating in death. Dr. Blackall has recorded similar instances.

In his observations on the hydrargyria, page 40, Dr. Alley asserts that he had seen "that eruption appear over the entire body of a boy about seven years old, for whom but three grains of calomel had been prescribed ineffectually as a purgative."

Many other instances of violent effects from a small dose of mercury might be cited. Besides, the following seems to prove that mercury may remain inert for a considerable time in the habit, and afterwards, by some inexplicable circumstance, may become active.

A lady, the mother of four children, in the twenty-eighth year of her age, had a bad miscarriage at the end of the fourth month. When the author was called, she was very much reduced from the loss of blood, and required the ordinary palliative remedies. Three days after the first visit, she complained of a bad taste in

her mouth, with soreness of her gums, and on the following day salivation took place. On inquiring into the circumstances of her previous history, it was learned that, four years before, she had had for a fortnight a course of the blue pill, which had only slightly touched the gums, and it was solemnly asserted, that she had never again taken any preparation of mercury, and had been in general in good health.

The salivation was therefore at first attributed to some accidental cause, but, when it was found to be proceeding with great violence, the medicines which the lady had been taking for the palliation of the complaints produced by the abortion were carefully analyzed, from a suspicion that some mercurial preparation might have been mixed with them; but it turned out that they contained no mercury. The most anxious and unremitting attention, and the careful exhibition of all the ordinary remedies which have been employed in similar cases, proved unavailing. The salivation, with the usual consequences of

excessive emaciation, debility, and irritability, continued for above twelve months. Occasionally for a day or two it was checked, but alarming vomiting, with threatening sinking of the living powers, supervened.

It is universally acknowledged, that although the morbid effects of mercury may be induced very suddenly, and by very small quantities of the medicine, in certain constitutions, there are no marks by which such peculiarities of habit can be distinguished, and there is no method of arresting their progress.



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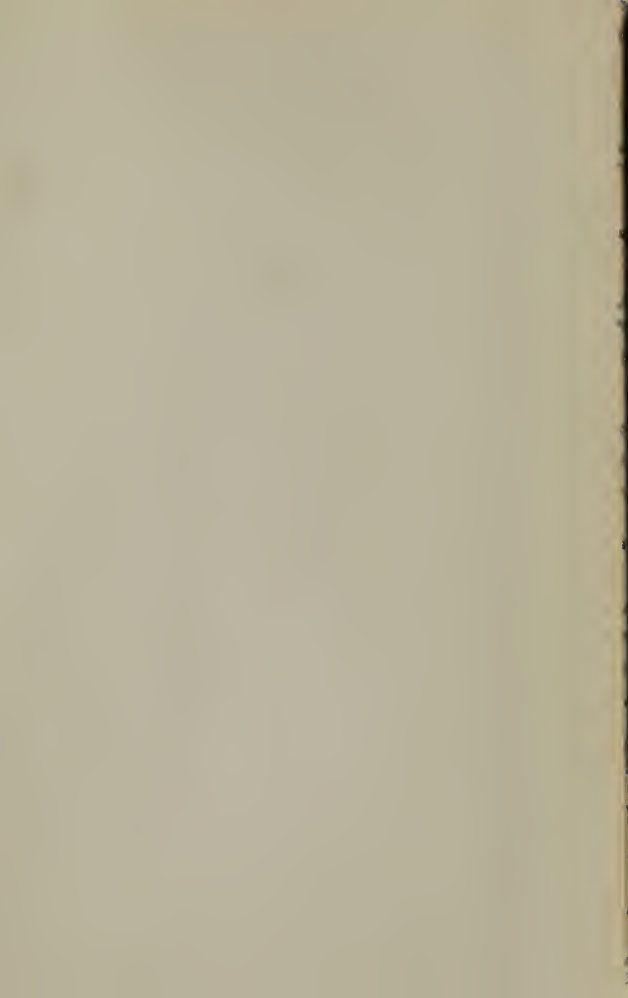
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